

hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

The word of the Lord.

Gospel Acclamation Lk 8.15

Alleluia, alleluia! Happy are they who have kept the word with a generous heart and yield a harvest through perseverance. Alleluia!

Gospel 10:38-42
from the holy Gospel according to Luke

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

The Gospel of the Lord.

.....
St Michael's Parish Contacts

Fr Patrick Faherty, <i>Parish Priest</i>	4423 1712
Fr Richard Healey, <i>Assistant Priest</i>	4423 1712
Fr Leo Duck, <i>Resident in Vincentia</i>	4441 5571
Fr Ronan Kilgannon, <i>Resident in Kangaroo Valley</i>	
Mrs Liz Nimmo, <i>Secretary (Mo, Tu, We)</i>	4423 1712
Mrs Cath Elton, <i>Secretary (Th, Fr)</i>	4423 1712
Catriona Nunan, <i>Youth Minister</i>	0422 201 054
Mrs Lyn West, <i>Catechist Coordinator</i>	4423 1009
Sr Margaret Prendergast sgs	4421 2260
Sr Patricia Lawless sgs	4421 2260
Sr Val Green rsc	4441 7035
St Michael's Primary School	4421 3630
St John the Evangelist High School	4423 1666

Gospel thoughts by Dianne Bergant CSA

Today we see the people of God offering the hospitality rather than receiving it, first Abraham and then Martha. What lessons of discipleship can be learned from these readings?

First and foremost we see how important openness is, for in each case those to whom the hospitality was offered were divine visitors in human form. We can never be sure under what guise God will come to us. It could be the person on the street who asks for directions, or the one who comes to our place of work to engage the service that we provide. It may be the friend who comes to dinner or the co-worker who acts in a way we did not expect. God comes into our lives in unexpected ways and we must have an open attitude of hospitality if we are to receive the blessings that might come with such visits.

We know that we cannot lay aside the responsibilities of our lives in order to sit with Mary at the feet of Jesus. However, we cannot allow ourselves to be held captive by these responsibilities, regardless of how legitimate they may be. And so we continue to struggle; to carry the burdens that are ours for the sake of the people that we serve; to serve the people in our care realising that we will probably not be able to accomplish all of our tasks or at least as well as we would like. It is in this way that the reign of God struggles to be born.

Pastoral Planning in our Diocese:

www.ourjourneyahead.org.au

.....
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. ©2010 liturgyhelp.com.au & St Michael's Parish, Nowra



Parish Life

The Year for Priests (2009 - 29 June - 2010)

Season of the Year - Sunday 16 (Year C)

St Michael's
Nowra

www.nowraparish.org.au

18 July 2010



First Reading 18:1-10

A reading from the book of Genesis

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My lord,' he said, 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.' Abraham hastened to the tent to find Sarah. 'Hurry,' he said, 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it.

Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

'Where is your wife Sarah?' they asked him. 'She is in the tent,' he replied. Then his guest said, 'I shall visit you again next year without fail and your wife will then have a son.'

The word of the Lord.

Responsorial Psalm Ps 14

R/ The just will live in the presence of the Lord.

1. Lord, who shall dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart; he who does not slander with his tongue.

2. He who does no wrong to his brother, who casts no slur on his neighbour, who holds the godless in disdain, but honours those who fear the Lord.

3. He who keeps his pledge, come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm for ever.

Second Reading 1:24-28

from letter of St Paul to the Colossians

It makes me happy to suffer for you, as I am suffering now, and in my body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your



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.

Sixteenth Sunday (Year C)

18 July 2010

Sunday Masses:

Nowra	Vigil 6 ^{pm} ; 8 ^{am} 9.30 ^{am} & 6 ^{pm}
Berry	8 ^{am}
Bomaderry	9.30 ^{am}
Culburra Beach	Vigil 6 ^{pm}
Vincentia	Vigil 6 ^{pm} & 9.30 ^{am}
Kangaroo Valley	11 ^{am}

Weekday Masses:

Nowra Mon 7 ^{am}	Tues, Wed & Thurs 8 ^{15am}
Friday 7 ^{am} & 11 ^{30am}	Sat 9 ^{am}
Morning Prayer Wed 7 ^{50am}	Adoration Fri 10 ^{30am}
Berry Tues 5 ^{30pm}	Culburra Thurs 5 ^{30pm}
Vincentia Mon, Thur, Fri 8 ^{am}	Tues, Wed 5 ^{30pm}
Shoalhaven Heads Community Centre	Fri 3 ^{30pm}
Kangaroo Valley	Mon, Tues, Thurs, Sat 8 ^{am}
Wed 6 ^{15am}	Divine Office is prayed 15 mins before Mass.

Confession ~ Reconciliation

Nowra	Sat 9 ^{30am} -10 ^{30am} & 5 ^{pm} -5 ^{30pm}
Culburra Beach Sat 5 ^{30pm}	Berry Tues 6 ^{pm}
Kangaroo Valley	Sat 4 ³⁰ – 5 ^{pm}
Vincentia	Sat 5 ^{pm} – 5 ^{30pm}

We prayerfully remember the faithful departed. The recently deceased: **Alma Ellison, John Rodgers, Jack Stallworthy (Berry) and Joan Dunford** (prev. Bomaderry). Also **Frank Wall** and **Heinz Weitz** whose anniversaries occur. May they rest in eternal peace.



Culburra Family Group get together will be held **23 July, 12.30^{pm}**, in the Chinese Restaurant, Greenwell Point Bowling Club. **RSVP to Greg by 19 July** on 4447 1270.

WATOTO CHILDREN'S CHOIR from East Uganda is coming to the Shoalhaven Entertainment Centre for 1 night only, **31 July 6.30^{pm}**. Cost is \$5. To reserve your seat contact the Box Office on 1300 788 503. The Concert is a fundraiser for the Watoto Child Care Ministry and all donations given on the night will go to them.



“Come & See” Spirituality group meets **Wed 21 July, 7.30^{pm}** in the Parish Centre. Pat O’Gorman and Beth Riolo from the Catholic Education Office, Wollongong, will lead the evening. The theme, **‘Gazing into the Heart of God’** explores a way of

praying with icons, an ancient practice that invites us to ‘see with the eyes of our heart’. It engages participants in a contemplative approach to spirituality with a focus on being in God’s presence rather than performing in God’s presence.

Pat will lead the group through a sustained meditation on Andrei Rublev’s famous icon of the Holy Trinity. **All most welcome. Please bring a plate for supper. Contact Moira 4423 6077 or Liz 4422 1279.**

Dates to Note:

- **Wed 28 July: First Reconciliation:** 2nd Meeting - **Parents only** - will be held in St Michael’s Hall Nowra at 7^{pm}
 - **Wed 25 Aug:** Parent Evening for First Holy Communion (Nowra) at 7^{pm}
 - **Sun 29 Aug:** Awareness Mass (Disabilities), at 6^{pm}
 - **Sat 2 Oct:** Parish Retreat Day
 - **Sun 31 Oct, 2.30^{pm}:** Diocesan Celebration for Canonisation of Mary MacKillop. W’gong Entertainment Centre
- FEASTDAY:** Thurs 22 July, St Mary Magdalene.

Mary MacKillop Place, Feast Day Celebrations Sunday, 8 August

Masses will be celebrated outdoors on Glenroy Green: 9^{am}, 11^{am}, 1^{pm} & 3^{pm}. Chapel open for private prayer & visits to Mary MacKillop’s Tomb, 8.30^{am} - 5^{pm}. Museum open.



Light refreshments on sale in the grounds. Pedestrian entry to Mary MacKillop Place will be via 80 William Street, North Sydney. (Wheelchair access via Museum gates, 7 Mount Street.)

Young Adult Diocesan Retreat [ages 16-30]: *“Planted and built up in Christ, firm in the faith”*; **July 30 – Aug 1**, The Hermitage, Old Southern Rd, Mittagong [Le Rosey Centre]. **Cost** | \$110 | includes accommodation and meals. (Please contact Loretta if financial support is needed). **Enquiries** | Loretta Brinkman 4253 0809. **Registration** | www.dow.org.au/youth



Catechist News: Level 2 catechist training begins **19 July 10^{am} – 2.30^{pm}** in the Parish Centre. BYO lunch. **Ring Lyn 4423 1009 to enrol.**

Copies of Bishop Peter Ingham’s Pastoral Letter **‘When Trust is Broken’** – are available in our Churches this week-end. This is a Letter of Apology from the Bishop of the Diocese, in regard to the distress and suffering caused through Sexual Abuse by clergy or others representing the Church.

Disciples Today: All welcome to come to this talk to be presented by international speaker, Tracy Earl Welliver, **27 July 10^{am} – 12^{noon}, Sts Peter & Paul’s, Manning St, Kiama.** Refreshments follow. For further information **contact Shane Dwyer** at the Bishop’s Office | 4253 0822| shane.dwyer@woll.cath.org.au

LIFT: Therapeutic Group for men and women experiencing anxiety and/or depression. 5 Thursdays 10am-12pm, 19, 26 Aug & 2, 9, 16 Sept. CatholicCare, 55 Worrigeer St, Nowra. Cost is \$20 per session. Bookings essential on 4421 8248.

Caritas Australia would like to thank and congratulate Catholic people throughout the nation for making Project Compassion 2010 a record breaker! **\$9,301,790** was raised to help pursue peace, justice and opportunity in over 35 countries.



Pope Benedict’s general prayer intention for July: ‘That in every nation of the world the election of officials may be carried out with justice, transparency and honesty, respecting the free decisions of citizens.’