



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.

5th Sunday in Ordinary Time-Yr B
8th February 2015

Sunday Masses:

Nowra: Vigil 6pm, 8.00am, 9.30am & 6.00pm
Berry: 8.00am
Bomaderry: 9.30am
Culburra: Vigil 6.00pm,
Vincentia: Vigil 6.00pm, & 9.30am
Kangaroo Valley: 11.00am

Masses during the Week:

Nowra: Mon. 7.00am, Tues/Wed/Thurs. 8.15am.
Fri. 7.00am and 11.30am, Sat. 9.00am.
Berry: Tues. 5.30pm.
Culburra: Thursday 5.30pm.
Vincentia: Mon/Thurs/Fri 8.00am, Tues/Wed 5.30pm
Kangaroo Valley: Mon/Tues/Thurs 9am, Wed 7am.
Shoalhaven Heads: Community Hall, Fri 3.30pm

Confession / Reconciliation

Nowra: Sat 9.30am–10.30am and 5.00-5.30pm
Culburra: Sat 5.30pm
Vincentia: Sat 5.00–5.30pm
SVdP Rosary: Tues 9.30am, St Michael's Church. All welcome.

We prayerfully remember **Lillian Shellabear (Perth) sister of John Ravenscroft (Vincentia)** who died this week. Also, **Marj McGee, Esme Wilkinson, Allan Halbish, Les Merriman, Regina Werda, Noelene Shamal, Ivy Whitefield, Leslie Lewis, Mathilde Hulsman, and Aaron Ridd** whose anniversaries occur at this time. May they rest in eternal peace.



Feastdays: **Tues 10th. St Scholastica**
Wed 11th - Our Lady of Lourdes- World day of Prayer for the Sick.
Sat 14th Sts Cyril and Methodius.

CHILDREN'S LITURGY: Recommended - **during every 9.30am Mass at Nowra**, for children aged 4 and up. New children always welcome to attend, to hear God's Word on their level and get to know other children of the parish.

MORNING TEA: After 9.30am Mass at Nowra. Gather at the Parish Centre, all parishioners welcome ~ come along even for a short time to help build community!

CATECHISTS' CORNER:

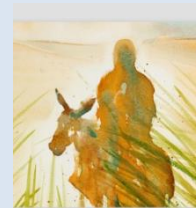
Today Catechists throughout the Diocese are being commissioned for their very important ministry of taking the Gospel message to children in the Government Schools.



✠ **Celebrant:** Lord God, source of all wisdom and knowledge, you sent your Son, Jesus Christ, to live among us and to proclaim His message of faith, hope, and love to all nations. In your goodness bless our brothers and sisters who have offered themselves as catechists for your Church. Strengthen them with your gifts, that they may teach by word and by example the truth that comes from you. We present these prayers to you in the name of Jesus Christ, your Son who is Lord for ever and even. Amen.

"ARISE" ~ LENT 2015

Our Lenten Program books **"Arise"** are now selling for \$5. Please purchase your copy ASAP as they are selling quickly. The remainder of the books can be purchased from the Parish Centre during the week. *Hot off the press ~ no more books are being printed.* Enquire: Francene 4421 5962; Tina 4422 9250, Bernie 4421 2968.



Contact for Berry, Greg Troy 4464 1770; Callala, Theresa Vella 4446 5184; Culburra Beach, Harry Ray 4447 2941; Currarong, Connie Heap 4448 3157 / Noel Reid 4448 3215; Vincentia/Bay & Basin, Fr Leo Duck 4441 5571.

Date for your diary ~The Parish Paschal Meal, Palm Sunday, 29 Mar 7pm for 7.30pm.

NOWRA CWL monthly meeting, **Tues, 10 Feb**, 9.30am morning tea, followed by meeting at 10am in the Parish Centre. Contact: Judy 4421 8565.

World Day of Prayer, Friday 6 March, 1pm, Anglican Church Nowra. All welcome.

Shoalhaven Crossroads is a *Christian Fellowship for people with a disability. First Crossroads Meeting for 2015, Fri 13 Feb, 7.15-9.15pm*, at Nowra Baptist Church, Old Southern Rd, Sth Nowra. *Activity:* Sausage sizzle & games

ANZAC DAY ~ As the nation prepares to commemorate the centenary of the Gallipoli landing – ANZAC DAY, it has been suggested that our parish visit the Fleet Air Arm Museum at Albatross. The Museum Director, Mr Terry Hetherington, has generously offered us the opportunity on Sunday, March 15th. Parishioners who wish to participate please contact the parish office by Feb 20th. (Admission \$10). The intention is to meet at the Museum by 11.30am and following the inspection to have lunch at the Museum.



Lay Missionary of Charity ~ SOUP KITCHEN. Help needed. Commencing approximately March on a Friday. We have approval and need volunteers to help run this great and much needed cause. Cooking/serving/cleaning up ~ any time spared is sincerely appreciated. Enquire: Shannon Chittick 0414 521 404 / Sue Hill 4447 3197.

Holy Spirit Vincentia ~ Please join us for tea, biscuits and birthday cake on Sunday 15th Feb, after the 9.30am Mass to celebrate Fr Leo's 60th birthday. Enquiries: Judy Lenahan 4441 7456, Sharon Johnson 0431 457 441.

Church Cleaning Bay & Basin ~ parishioners are invited to volunteer for church cleaning. This takes just one hour every five weeks. Contact: Ron D'Souza 4441 5723.

From the Message of Pope Francis for the Sick 2015

O Mary, Seat of Wisdom, intercede as our Mother for all the sick and for those who care for them! Grant that, through our service of our suffering neighbours, and through the experience of suffering itself, we may receive and cultivate true wisdom of heart!
(With this prayer for all of you, I impart my Apostolic Blessing...Pope Francis)



Encounter Mission & Development.

Encounter Love and Justice, Encounter humble volunteers, Encounter faith, Encounter God. Palms Australia will be conducting a guided tour of the communities in which their global volunteers are working in East Timor from April 6 - 18. There are limited places. **Enquires need to be processed by Feb 28th** so call 02 9518 9551 or register interest online: www.palms.org.au/Encounters



CatholicCare: Poppy Playgroup ~ For mothers with mental health issues, and their children age 0-5 yrs. At *Poppy* you can play with your children, enjoy the company of other parents & explore different parenting issues in a relaxed & supported environment. Five Friday mornings 10am-12.30pm. 30 Jan; 13, 27 Feb; 13 & 27 March at CatholicCare, 68 Shoalhaven St, Nowra. Cost: No Fee. Bookings: 4421 8248

CatholicCare: Rollercoasters 8-12 yrs. An 8 week program developed to assist children who are experiencing parental separation, divorce, or parents who have re-partnered. *Rollercoaster* helps children to understand change and loss; develop strategies for anger management & problem solving. Eight Thursday afternoons 4pm-5pm. 12, 19, 26 Feb, and 5, 12, 19, 26 March, and 2 April. CatholicCare, 68 Shoalhaven St, Nowra. Cost: \$15 per session, per family.

CatholicCare: 123 Magic & Emotion Coaching ~ This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting. Three Tuesday mornings 11.30am-1.30pm. 17, 24 & 31 March. Sanctuary Point Connect, Sanctuary Point Primary School, Idlewild Ave, Sanctuary Point. Fee: \$15 per session. Bookings: 4421 8248

Saint Vincent de Paul ~ Piety Stall (Berry St, Nowra) is well worth a look for your religious gifts. Items can also be ordered from the catalogue in store

DIOCESAN ASSEMBLY – SATURDAY 7 MARCH

Our first Diocesan Assembly for 2015 will be held on **Saturday 7 March** from 10am–1:30pm at St Mary's Star of the Sea College Hall, W'gong. The focus for this assembly will be our revised Diocesan Pastoral Plan. More info to follow. Please keep this date in your diary.

PASTORAL CARE MINISTRY COURSE

Tuesday, 10 Feb, St Columbkille's Parish Meeting Room, Corrimal (9am-3:30pm).

Are you keen to develop personal knowledge, understanding and skills in developing caring relationships? Are you caring for someone who is frail, aged or living with a disability? Are you interested in becoming part of a pastoral care ministry team within their community? This basic training in pastoral care provides a comprehensive introduction for people to develop their understanding and ability to care for those in their communities who are aged, grieving, frail, housebound, living with a disability or generally in need of pastoral support.

Registration essential by **Friday 7 Feb** to: Darren McDowell on 4222 2463 or cfl@dow.org.au

Wisdom of the heart means showing solidarity with our brothers and sisters while not judging them. Charity takes time. Time to care for the sick and time to visit them. Time to be at their side like Job's friends: "And they sat with him on the ground seven days and seven nights, and no one spoke a word to him, for they saw that his suffering was very great" (*Job* 2:13). Yet Job's friends harboured a judgement against him: they thought that Job's misfortune was a punishment from God for his sins. True charity is a sharing which does not judge, which does not demand the conversion of others; it is free of that false humility which, deep down, seeks praise and is self-satisfied about whatever good it does.

Job's experience of suffering finds its genuine response only in the cross of Jesus, the supreme act of God's solidarity with us, completely free and abounding in mercy. This response of love to the drama of human pain, especially innocent suffering, remains for ever impressed on the body of the risen Christ; his glorious wounds are a scandal for faith but also the proof of faith (cf. *Homily for the Canonization of John XXIII and John Paul II, 27 April 2014*).

Even when illness, loneliness and inability make it hard for us to reach out to others, the experience of suffering can become a privileged means of transmitting grace and a source for gaining and growing in *sapientia cordis*. We come to understand how Job, at the end of his experience, could say to God: "I had heard of you by the hearing of the ear, but now my eye sees you" (42:5). People immersed in the mystery of suffering and pain, when they accept these in faith, can themselves become living witnesses of a faith capable of embracing suffering, even without being able to understand its full meaning.

6. I entrust this World Day of the Sick to the maternal protection of Mary, who conceived and gave birth to Wisdom incarnate: Jesus Christ, our Lord.