



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.

6th Sunday in Ordinary Time-Yr B 15th 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/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/ 5.30pm
Kangaroo Valley: Mon/Tues/Thurs 9am, Wed 8am.
Shoalhaven Heads: Community Hall, Fri 3.30pm

ASH WEDNESDAY: 18th Feb. Mass Times:

A Day of Fast and Abstinence

Nowra: 7.00am, 11.30am and 7.00pm
Culburra: 8.00am
Berry: 6.30pm
K Valley: 8.00am
Vincentia: 8.00am & 5.30pm

A Day of Fast and Abstinence. All who have completed their 18th year & have not yet begun their 60th year are bound to fast. All who have completed their 14th year are bound to abstain from meat on Ash Wednesday and Good Friday.

Project Compassion material is now available

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 **Tom McQuade, Kingsley Vandersay, Kathleen Cahill and John Avirah** whose anniversaries occur at this time. May they rest in eternal peace.



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

STATIONS OF THE CROSS:



NOWRA: Fridays 7pm.
 Commencing this Fri. 20thFeb.)
CULBURRA: Wed. Evenings
 6.00 p.m. commencing this Wed
VINCENTIA: each Friday of Lent,
 after the 8.00am Mass, beginning
 Friday, Feb. 20.

CHILDREN'S LITURGY: 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!

ST. MICHAEL'S Cuppa & Play: in school hall foyer every Monday from 9am. *All welcome.* Contact: Tracey 0412 462 140.

"ARISE" ~ LENT 2015

As we begin our Lenten journey may we grow ever deeper in the love of Jesus. We also pray that His abundant love be shown to those who have gone before us in faith over the past year. ~ Our Lenten groups begin this week. It is not too late to join a group. Books are available for purchase at the Parish Centre after this weekend. Enquire: Francene 4421 5962.



ANZAC DAY ~ Please consider joining us for our parish visit to **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). Meet at the Museum by 11.30am for the inspection, followed by lunch at the Museum.

Lay Missionaries of Charity ~ SOUP KITCHEN

Help needed: Commencing approx. March for Friday lunch. For those unable to volunteer their time on the day any monetary donations or home produce are most welcome. Cooking/serving/cleaning up ~ any time shared is sincerely appreciated. Call: Shannon Chittick 0414 521 404 / Sue Hill 4447 3197.

Confirmation 2015: The Sacrament of Confirmation



will be celebrated in the Parish on **Sunday June 21st** ~ Children in Year 6 and upward who have received the Sacraments of Reconciliation and Eucharist are eligible for Confirmation.

If you wish your child to be confirmed then please note the following information.

An introductory and information Meeting for parents and all candidates will be held on Wed. March 4th at St Michael's Hall at 7.p.m.

It is essential that Candidates and Parent(s) attend this Meeting as important information regarding the Sacrament of Confirmation will be shared.

CATECHISTS: Please collect Green cards for 2015 school year from Parish Centre. More large picture books, DVDs, & SMARTboard USBs also available for your convenience. CCD requests the 2015 Teacher Engagement Forms (TEFs) by 18 Feb. Please hand in your completed form to the office & if anyone is having trouble obtaining their WWCC number, please call Frances at Parish Centre.

SECET (Shoalhaven Employers of Christian Education Teachers). Newsletters available at St Michael's Church for parishioner interested in reading about the work our Secondary Christian Educators provide in the four Government High Schools within the Shoalhaven.

St John the Evangelist High School Year 7 2016

Open Night & Information Evening, Monday 23 Feb 2015. 5.30pm – Interactive Tours, 7.00pm – Information Session. Enrolment Applications for Year 7- 2016 will be accepted from 24 February until 27 March 2015. Contact: School Secretary, Mrs Julie Vella 4423 1666.

PARISH READING CIRCLE: The Gospel of Mark: An Invitation To Read, Discuss, Pray and Live the Gospel. If you would like to deepen an appreciation for Mark's Gospel then come to our next Parish Reading Circle, Tues 3 March 9.30–11.30am at St Michael's Parish Centre. BEFORE the meeting please read Mark's Gospel in one sitting; approx.1.5–2hrs. At the Reading Circle you will be invited to share your reading experience and to present your favourite Gospel passage/s. To register, phone parish office 4423 1712 / email: michael.dyer@dow.org.au



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.

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.