



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.

FIRST SUNDAY OF LENT -Yr B 22nd 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 **Kathleen Rammage Taree** (nee Barber) who died this week. Also **Milka Kalic**, and all whose anniversaries occur at this time. May they rest in eternal peace.



STATIONS OF THE CROSS:

NOWRA: Fridays 7.00pm.
CULBURRA: Wed. 6.00 pm.
VINCENTIA: Fridays of Lent, after the 8.00am Mass.

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. Mass is followed by morning Tea.!

WORLD DAY OF PRAYER - Friday 6 March:

Nowra - 1pm, Anglican Church.
Berry - Presbyterian Church Berry, 6pm for High Tea followed by service at 7pm. All welcome to both gatherings.

CHOIR for Holy Week and Easter ceremonies will begin on Thurs. 26 Feb, 5.30pm in the Church. *All most welcome.*
"ARISE" ~ LENT 2015 ~ Some 20 groups have commenced the program. A few books are still available at the Parish Centre



FASTING FOR LENT

Fast from criticism and feast on praise
Fast from self-pity and feast on joy.
Fast from ill-humour and feast on peace.
Fast from resentment; feast on contentment.
Fast from jealousy and feast on love.
Fast from pride and feast on humility.
Fast from selfishness and feast on service.
Fast from fear and feast on faith.

PROJECT COMPASSION ~Material avail at all Churches – Boxes or Envelopes. The focus this week is on helping people in isolated areas of Fiji gain the skills they need to grow food for life.

RCIA: Please keep in your prayers our Catechumens **Sky, Sharon and Terry** who are preparing for Baptism this Easter. This Sunday, 22nd Feb, along with all the catechumens across our Diocese, we will attend the **Rite of Election** at Wollongong Cathedral, presided over by our Bishop Peter.

In the next few weeks we have a number of people already baptised in other Christian Churches, beginning the journey towards membership of the Catholic Church. If you are interested, or know someone who might be, please contact the Parish Office this week. 4423 1712

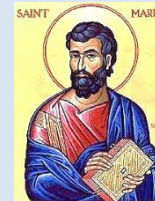
CATECHISTS: Please remind eligible students in Year Six of the Confirmation Meeting on Wednesday March 4th - 7.00p.m. - St Michael's hall for Candidates and Parent(s) Letters in this regard are available in the Sacristy after Mass or at the parish Office.

Green cards for 2015 school year available from Parish Centre. More large picture books, DVDs, & SMARTboard USBs also available for your convenience. **Level One Course- soon to commence at St Michael's. Details next week.**

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

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



Lay Missionaries of Charity ~ SOUP KITCHEN

Help needed: Commencing approx. March for Friday lunch. If unable to volunteer your 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.

The Culburra Family Group's next function will be a breakfast at the Crookhaven Boat Ramp picnic area on Saturday 28 February at 9.00am. All welcome.

Golden Wedding Thankyou. Carole & Ivor Davies would like to thank Bomaderry parishioners who signed the beautiful card that Fr Pat presented to us last weekend. Greatly appreciated.

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 25th. (Admission \$10). Meet at the Museum by 11.30am for the inspection, followed by lunch at the Museum -approx. \$10



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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.

EVANGELISATION: LINKING PARISH & SCHOOL (Messy Church Info session) Thurs 5 March 4pm-5:30pm Xavier Centre, 38 Harbour St W'gong. Messy Church. We all know that life can be messy and Messy Church provides a way of reaching families & the unchurched in your community. Involving fun, it offers people an encounter with Jesus. Its values are about being Christ-centred, for all ages, based on creativity, hospitality and celebration. Come & learn more from the experience of those already offering a Messy Church and consider this valuable tool of evangelisation for your Catholic parish. Morning tea & a play space provided. If your school or parish would like to learn more about Messy Church please contact Rebecca Miller rebecca.miller@dow.org.au for more information. **Registration essential to Helen Bennett** helen.bennett@dow.org.au

MASS FOR THE UNBORN will be held Friday 20 March, St Francis Xavier Cathedral, W'gong commencing 12.10pm. This Mass will be offered for all babies who did not come to full term, for those babies who died at birth and for their families. A light luncheon will follow.

Understanding & Supporting the Journey of Loss & Grief. Thurs 12 March 9am-3:30pm Xavier Centre, 38 Harbour St **W'gong.** How do you cope with loss and grief, either your own or that of others? Would you like to better understand the loss and grief process; develop ways to learn from loss and grief; gain the skills required to pastorally support and communicate with others who are experiencing loss and grief? Loss and Grief can often be a very difficult experience. This unit is about understanding the Loss and Grief process so that we can attend to ourselves and others in a more understanding, caring and empathic way. Facilitated by Carmen Karauda, Diocesan Aged Care Advocate. Contact Carmen Karauda 4640 8515 / carmen.karauda@catholiccare.dow.org.au and **registration essential to Helen Bennett** 4222 2403 / helen.bennett@dow.org.au. A suggested donation of

\$10 is requested to cover morning tea, lunch & materials.

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



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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.