



**St Michael's Parish**, Nowra – Tel: 4423 1712 E-mail: [office@nowraparish.org.au](mailto:office@nowraparish.org.au)

**Website: [nowraparish.org.au](http://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.

**SECOND SUNDAY OF LENT -Yr B**

**1<sup>st</sup> March 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 **Frank Ashby** (Shoalhaven Heads, **Marie Shanahan**, (Tamworth) **Phillip Ryan**, (Kariong) who died this week. Also **Yvonne Stintmann**, and **Ramon Petilla**, whose anniversaries occur at this time. May they rest in eternal peace.



**WORLD DAY OF PRAYER - Friday 6 March:**

**Nowra** - 1pm, Anglican Church.  
**Berry** - Presbyterian Church Berry, 6pm for High Tea followed by service at 7pm.  
**Vincentia** – 10.00am, Baptist Church, St. George Ave, Vincentia. *All welcome.*

**St. Michael's Cuppa & Play:** school hall foyer every Monday 9am-10.30am. Parents please bring a snack for your child, if required. Tea/coffee/biscuits available for parents. Gold coin donation appreciated. *All welcome.* Contact: Tracey 0412 462 140.

**First Sat. Marian Devotions ~ 7 March** Mass at 9am followed by Adoration of the Blessed Sacrament with Reconciliation, Rosary and Benediction at 10.30. Morning tea available in the Parish Centre. *All welcome*



**STATIONS OF THE CROSS:**

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

**CHOIR Practice in preparation for Holy Week and Easter ceremonies** will be 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> April. *All most welcome.*

**"ARISE" ~ LENT 2015** ~ As our groups begin the second week of prayer, reflection and discussion, we look to our Parish Paschal Meal which will lead us into Holy Week. It will be held on Palm Sunday evening, March 29<sup>th</sup>, at 7pm for 7.30 in the Parish Hall. It is not necessary to be in a group to attend. Enquire: Francene 4421 5962, Tina 4422 9250, Bernie 4421 2968.



**CATECHISTS:** Level 1 course commences Tues 10 March, 9:30am in the **Berry Centre** for all new Catechists or Catechists wanting a refresher in the topics of *Classroom Management* and *Child Protection*. This first session of five is recommended to Catechists who have not covered these important topics in 2 years. Duration approx.1:30pm. Please bring own lunch, morning tea provided. Please return extra workbooks to Parish Centre for redistribution. Contact Frances at the Parish Centre if you require more books. Finally, a reminder to all Liaison Catechists to pass on class numbers for your respective schools to Frances ASAP. *Thank you for all that you do!*



**Confirmation: An information Meeting for parents and all candidates will be held on Wed. March 4<sup>th</sup> at St Michael's Hall at 7.p.m.** It is essential that Candidates and Parent(s) attend this Meeting

**St Vincent de Paul Society Annual Charity Dinner.** Friday 1st May – keep the date! The Society's annual dinner keeps improving. Come along and enjoy a real fun evening, includes 3 course meal, entertainment, raffles, auctions, etc. Tickets only \$60. All proceeds to go towards our local homeless services. Blue coloured nvites are available in all our churches. If more required, please contact Ivor on 4421 0929

**CWL Bay & Basin** ~Next monthly meeting, Thursday 5 March. Meet in the hall at 12noon for lunch, followed by meeting at 1pm. *All welcome.* Contact Fay 4443 2837.  
**HOLY SPIRIT VINCENTIA Parish Auxiliary meeting**, Sat 14 March at 1pm in the Church Hall. *All welcome.* Contact: Sharon Johnson 0431 457 441.

**SAVE THE DATE: St. John the Evangelist Catholic High School 25th Anniversary Celebrations**, Sat 23 May, 4pm Open School, 6.00pm The Jubilee Mass in School Hall, 7.30pm An Evening of Celebration in E Block. 1990-2015 Celebrating 25 years of quality Catholic Education in the Shoalhaven.

**KINDERGARTEN ENROLMENTS 2016 ~ St.Michael's Catholic Primary School.** Applications for enrolment of Children in 2016 are now being accepted. Enrolment packages available from school office. Phone 4421 3630, Ms Sue Easter. Enrolment interviews with School Principal, Mr Chris Paton & Parish Priest Fr Pat Faherty held 2<sup>nd</sup> May. **Open Day (children welcome), Tues 10 March 9.30am-11. Open Evening, Thur 12 March 7pm-8pm.**

**PARISH READING CIRCLE:** The Gospel of Mark: An Invitation To Read, Discuss, Pray and Live the Gospel. 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](mailto:michael.dyer@dow.org.au)

*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, 4423 1712.*

**DIOCESAN ASSEMBLY – Saturday 7 March Supporting Family Life. Networking with Parishes, Schools & Agencies.** 10am - 1.30pm. St Mary's Star of the Sea College Hall W'gong. All welcome.. Registration essential. Go to <http://tinyurl.com/assembly2015>. Need help? Contact: helen.bennett@dow.org.au or 4222 2403.



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**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.!

**St. 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. Ph: 4421 7244.

**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.

**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.

**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 15<sup>th</sup>. Parishioners who wish to participate please contact the parish office by Feb 25<sup>th</sup>.. (Admission \$10). Meet at the Museum by 11.30am for the inspection, followed by lunch at the Museum -approx. \$10

**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 28<sup>th</sup>** so call 02 9518 9551 or register interest online: [www.palms.org.au/Encounters](http://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

**EVANGELISATION: LINKING PARISH & SCHOOL (Messy Church Info session) Thurs 5 March 4pm-5:30pm Xavier Ctre, 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](mailto:rebecca.miller@dow.org.au) for more information. **Registration essential to Helen Bennett** [helen.bennett@dow.org.au](mailto:helen.bennett@dow.org.au)

**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](mailto:carmen.karauda@catholiccare.dow.org.au) and **registration essential to** Helen Bennett 4222 2403 / [helen.bennett@dow.org.au](mailto: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 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.