



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.

18th Sunday Ordinary Time (Yr C)
31st July 2016

Sunday Masses:

NOWRA.....6pm Vigil; 8am, 9.30am & 6pm
BERRY 8.00am
BOMADERRY.....9.30am
CULBURRA 6pm Vigil
VINCENTIA. 6pm Vigil & 9.30am
KANGAROO VALLEY11.00am

Weekday Masses:

Nowra:....Mon 7.00am; Tues/Wed/Thurs 8.15am
Fri 7.00am and 11.30am, (Holy Hour 10.30am);
Sat. 9.00am
Berry: Tues 5.30pm **Culburra:** Thurs. 5.30pm
Vincentia:. Mon/Thurs/Fri. 8.00am; Tues/Wed 5.30pm
K Valley:. Tuesday/Thursday..9.00am. Wed 7.00am
Shoalhaven Heads: Fri 3.30pm

Confession--Reconciliation

Nowra:Sat : 9.30am -10.30am. 5.00 - 5.30pm
Culburra: Sat 5.30pm.....**Berry:** Tues 6.00pm
Kangaroo Valley:.....Sat 4.30 - 5.00pm
Vincentia:.....Sat 5 - 5.30pm

We prayerfully remember all those who died recently, especially **Jill Gumley** and **Simon Bromley**. Also, **Sydney Sweeney**, **Colleen Baker**, **Damien Baker**, **Fr Gregory Jordan** (Brisbane), whose anniversaries occur. *May they rest in eternal peace.*



World Youth Day Celebrations, Krakow, Poland:

Millions of young people from around the world are celebrating WYD in Krakow with Pope Francis this week. You can follow the Australian Journey with live webcast on www.xt3.com/live **especially the final mass commencing at around 5pm our time, Sunday 31st July.** Please continue to pray for those attending from our Parish and Diocese.

An 85 year old French priest, Father Jacques Hamel, was brutally murdered this week while celebrating Mass, by two young men identifying with ISIS who were shot dead by police. May Fr Hamel now receive his eternal reward, and may the attackers find in Christ a merciful judge. The Archbishop of Krakow said at a Press Conference at World Youth Day: "Now in Europe, we have a time of anxiety. That is why we want to create an atmosphere of peace, reconciliation, solidarity, and kindness which from Krakow can take over the whole world."

DISABILITIES AWARENESS WORKSHOP: Saturday 3rd September, 11am-1pm at the St Michael's Parish Centre.

Sister Ruth from CatholicCare Wollongong will present ways in which we as a community can better include, support, and reach out to people with disabilities and their families. **This will also be an opportunity to join a new Parish group that has formed to focus on this area of Parish life.** Please contact the Parish office, 44231712, if you are attending the workshop.

Bay & Basin CWL will be holding our "Remembering Deceased Members & Friends Day" at our monthly meeting in the hall, **Thurs 4 Aug, 11am.** Guest speaker: Helen Breen, social worker for the Cancer Council. Soup & slice luncheon. Entry \$5. All parishioners welcome. More info: Jo 44438026 / Moya 44439698.

Significant Marriage Anniversaries Diocesan Mass: If you are celebrating **25, 40, 50 or 60 years** of marriage this year and would like an invitation to the Mass to be celebrated by Bishop Peter Ingham on **Sun, 18 September, 2.00pm**, contact **Helen Bennett 4222 2403 or email helen.bennett@dow.org.au** at the Office of the Bishop by Mon 12 August and an invitation will be sent to you.

NEW PARISH INITIATIVE: A group has been started within St Michael's Nowra community to organise social events for our parishioners. The planning for a Trivia evening is well on the way, plus a lot more; details will be announced soon. First, we are holding a gathering in the **Parish Centre THIS WEDNESDAY 3rd August at 5.30pm** for anyone interested to come and put forward suggestions for future social events. You are very welcome to attend this gathering for discussion which will be followed by refreshments (including wine and cheese). For catering purposes, please contact Kevin, 0412 664 213 or kevinbourke4@bigpond.com

CHOIR – ALL WELCOME! All interested parishioners are invited to join with the choir for monthly rehearsals, introducing new hymns into our Sunday worship at both Nowra & Bomaderry Masses over the next few months. Rehearsals will alternate between Nowra & Bomaderry churches. You don't have to commit to a given Mass; you can come along to the practice, learn the songs, and then lift the singing at whatever Mass you attend! Rehearsals commence: **This weekend, Sunday 31st July at Sacred Heart Church, Bomaderry, following 9.30am Mass.** Future dates & times to be advised.

"St. Michael's Cuppa and Play" ~ Mums, dads, grandparents and little ones: **Mondays 9am to 11am at the foyer of the school hall**, please bring a snack and a gold coin donation. A great way to meet other families from the parish, school, and community. For more info contact Rita, 0411961523.

"Craft-Tea" ~ **Wednesdays 9:30-12:00 in the Parish Centre.** Make new friends, make new things, learn new skills and have a laugh. A great way to make time for yourself and work towards creating something for yourself, for Vinnies, or to make a start at supporting the St Michael's School Fair in November. *All welcome.*

Farewell morning tea, Vincentia: Friends and well-wishers of Angela Amarto, who has been a part of the Bay & Basin community for many years, are invited to a morning tea on **Sun, 31 July, after 9.30 Mass**, in the Holy Spirit Church hall.

First Saturday Marian Devotions 6th August 9am Mass followed by Eucharistic Adoration, Rosary, Benediction 10.30am. Morning tea follows in Parish Centre.

St Vincent de Paul ~ Annual Doorknock Appeal is coming up – **20/21 & 27/28 August.** We need volunteers to assist at shopping centres & door knocking. **Sign up sheets are in the foyers of the Churches.** Enquiries: Mary 4421 0717 / 0421 834 846 or Ivor 4421 0929.

Catechist needed for a small Year 1 class at Nowra Primary School, Wednesdays 10:25 – 10:55am. Please contact Frances ASAP if you are able to help.

Rosters for August/September for Nowra are available in the Church Foyer.



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“Breaking the Silence”: Family Violence Awareness Dinner, 6:30pm Thurs 11 August, Fraternity Club, Fairy Meadow. Parishioners from the Diocese are invited to organise tables of 10. Listen to and engage with keynote speakers who deal with the ramifications of family violence in our community. To book: www.events.dow.org.au or contact Fr Duane for info.

The Wollongong Diocesan Mass to celebrate the Feast of St Mary of the Cross MacKillop will be held at St John's Church, Dapto on Tuesday 9 August 2016 at 11.00am. Bishop Peter will celebrate the Mass along with Father Francis Tran and Father Patrick Vaughan. Lunch will be available following Mass and will be hosted

Friday Night Catholic Youth Ministry in Wollongong iSTAND is a Catholic Youth group for 14-18 year olds, run every Friday night from 7-9pm at the Xavier Centre, behind the Cathedral in Wollongong by the Youth Mission Team, in collaboration with the Diocese. iSTAND volunteers are committed to giving young people a powerful encounter with Christ and the Church. For a night of faith, fun and quality friendships, come along on Friday night, 29 July 7pm Xavier Centre, Harbour St Wollongong, as we explore who we are in Christ.

Mary Help Of Christians Culburra, Social Evening At *Sun Sun* Chinese Restaurant, 185 Prince Edward Ave, **Sat 27 August, 7:15pm.** \$20pp + drinks. Come and put a name to the many faces we see each Saturday at Mass. *Please leave your name, number attending & phone no. on the list in the Culburra church foyer.*

Tuesday mornings at Nowra: All are welcome to share in morning tea straight after Mass every Tuesday. All are also welcome to come pray the Rosary together **every Tuesday at 9.30am** in St. Michael's Church.

Marriage Encounter weekend: All married couples are invited to a **weekend 23-25 Sept.** in Varroville. Three couples and a priest give talks about their relationship and faith. After each talk you have time to discuss in the privacy of your room. No group discussions~ so it is a

warm, gentle learning process. Contact Ardell & Bill Sharpe (02) 4283 3435 wsharpe@bigpond.net.au

CatholicCare Nowra - Workshops throughout Term 3

“Circle of Security”: Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. **6 Tuesdays: July 19, 26, August 2, 9, 16 & 23,** 10am-12:30pm. At CatholicCare, 68 Shoalhaven St, Nowra. Ph 4421 8248. Workshop Fee: \$15 per session, Childcare: \$5 per family.

“Poppy Playgroup”: For parents with mental health issues, and their children from 0-5yrs. Parents can enjoy play time with their children, then discussion time about different parenting issues. **5 Fridays: 22 July, 5, 19 Aug, & 2, 16 Sept.** 10am – 12.30pm. At CatholicCare 68 Shoalhaven St, Nowra. No fee. *Mothers please bring healthy snack/lunch for your child, & something for yourself to share with the other mothers.*

“123 Magic & Emotion Coaching”: This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them. **3 Wednesdays: 20 July, 3 & 17 Aug.** 10am – 12.30pm at CatholicCare, 55 Worrigeer St, Nowra. No childcare. **OR 3 Tuesdays: 6, 13 & 20 Sept.** 10am – 12.30pm at Sanctuary Point Connect, 41 Idlewild Ave, Sanctuary Pt. Free child care. Workshop Fee: \$15 per session.

“In the Footsteps of Mary MacKillop”
Have you considered participating in the National Pilgrimage? In this Sesquicentenary Year, the Sisters of St Joseph invite you on this pilgrimage, giving you the opportunity to journey to significant places in Australia made holy by St Mary MacKillop. While on pilgrimage reflect on St Mary MacKillop's life and recognise her relevance in your own life. **Dates: 9 to 19 November 2016**
Cost Ex Sydney: \$2,860.00 (all inclusive: airfares, accommodation, coach travel, admission fees & meals).
Single Supplement: \$590.00
Further information please contact Sister Annie Bond rsj on 02 89124818, or MMP.NationalPilgrimage@sosj.org.au.

SVdP ~ Piety Stall Nowra is well worth a look for your religious gifts. Items can also be ordered from the catalogue in the Berry Street store. Also available to order, handmade First Holy Communion veils. Ph: 4421 7395.

The “Safe Schools” Program: While bullying and homophobia must always be opposed in schools and in society, the “safe schools” program goes far beyond this theme. It contains explicit and controversial sexual content for both secondary and primary schools, presented without informing or seeking consent from parents. Parents are urged to inform themselves of the content of this program, especially since a number of state schools in our local area are already implementing it. See www.kidsrights.org.au for more information.

Sacred Heart Church Piety Stall – Religious gifts and cards. Piety Stall open after Sunday Mass (9.30am) or call Suzie Alamango on 4448 6219 or 0419 249 008. Communion and other items are also available at the stall and by special order from the catalogue (copies available at each Church).

FOLLOWING ST MARY MACKILLOP – FOOTSTEPS OF MERCY

Tuesday 16 August, 7:30-9:30pm, Parish Hall, St Paul's Parish, 24 Garrett St MOSS VALE.

Led by Sr Colleen O'Sullivan rsj, this workshop will reflect upon how the lens of mercy inspired St Mary MacKillop's thought and actions. Mary saw poverty and injustice around her and acted on what she saw through that lens. The group will then reflect on how today we are called to view our society, both local and global, through the twin lens of mercy and love. **Registration essential to Helen Bennett 4222 2403 or helen.bennett@dow.org.au**

VOLUNTEERS FOR EXCITING NEW YOUTH MINISTRY INITIATIVES – APPLY NOW!

If you're aged 18-35 and interested in music, sound, lighting, events, teaching, preaching, dance, drama, leadership or just want to lend a hand, call Seth Harsh on 4222 2460 or email seth.harsh@dow.org.au. Don't miss this opportunity to share and develop your gifts by being part of Catholic Youth initiatives that are set to



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transform the face of youth ministry in this Diocese and
beyond!