



St Michael's Parish Nowra

Incorporates the Church communities of St Michael's - Nowra, St Patrick's - Berry, Sacred Heart - Bomaderry
Mary Help of Christians - Culburra, Holy Spirit - Vincentia & St Joseph's - Kangaroo Valley
Telephone: 4423 1712 Email: office@nowraparish.org.au Web: www.nowraparish.org.au

The Feast of Pentecost 31st May 2020



The Promised Spirit - The Advocate, the Counsellor, the Paraclete.

We celebrate the Miracle of the continuous Presence and Action of God in and through the Pilgrim Church. The Holy Spirit is the very source of the sanctifying work of the Church, especially through the Liturgy and Sacraments, but also in the many vocations and callings in life. *"Pentecost lifts the whole mystery of salvation out of a particular time and place and makes it into a happening, embracing all people, all centuries, all seasons, all eras..."* Henri Nouwen,



Overarching Directives

- All faithful in the diocese are dispensed from the obligation to physically attend Sunday Mass at present.
- The faithful can continue to keep holy their Sunday by setting aside time for prayer at home, reading the Scriptures of the day, or watching Mass on television or online, and asking God for the graces they would normally receive in Holy Communion.

Note - Attendance at **any Mass** will be dependent on having registered beforehand. The Parish currently is not permitted to allow more than 10 people in the Church at any one time.

Each Sunday at 9am, the Diocese currently broadcasts Sunday Mass with Bishop Brian. You can view it on the Diocesan website www.dow.org.au or [YouTube Channel](#) or [Facebook page](#).

Please accept the reality that we have to comply with current regulations when attending Mass: i.e. registration, sanitizing of hands, physical distancing and receiving Holy Communion by hand. The Church is NOT opened for private prayer at present.

The Eucharist - Exploring our Catholic Faith
We are all missing the Eucharist - but what does this mean? In this 4-part series, we will refresh & deepen our understanding of the Eucharist. **Mon 1st – 22nd June or Fri 5th – 26th June all at 4pm via Zoom.**
To register email darren.mcdowell@dow.org.au



A Gradual Easing of restrictions in regard to Church Liturgies

As you may have heard in the media, Bishop Brian (following NSW Gov permission) is now availing of a gradual easing of restrictions, which will allow gatherings of up to ten people for Mass and religious services.

At a recent Parish Pastoral Council meeting (via Zoom) the following recommendations were made:

- + Parishioners who would like to attend a Mass, ring a designated number, Mon - Fri 10.00am – 5.00pm. **The designated Phone No: 0477 427 396.**
- + Registering via phone rather than email was considered fairer. It allows for immediate re-negotiation of a different Mass time/location, if first preference has reached capacity.
- + Parishioners need at all times to be conscious of their personal vulnerability in this COVID environment, and safeguard accordingly.

The following are the times and locations our priests will offer Masses in this immediate period.

Nowra - Monday – Thursday 8:00am
 Wednesday 8:00am and 5:30pm
 Friday 8:00am and 11:30am
 Berry: Tuesday 5:30pm
 Bomaderry: Friday 5:30pm
 Culburra: Thursday 5:30pm
 Saturday Vigils - Nowra & Culburra: 5:00pm
 Sunday - Nowra 8:00am, 9:30am & 5.00pm
 Berry 8:00am
 Bomaderry: 9:30am

To register for Masses at Nowra, Culburra, Berry, Bomaderry please phone 0477 427 396.

Kangaroo Valley – Sunday 11:00am. **Please phone 0477 427 396 or email ronankangaroo1@gmail.com**

Vincentia: **Please ring 4441 5723 to be added to the roster. The Masses for this week at Vincentia are at capacity.**

Monday to Friday 9:00am
 Saturday Vigils 5:00pm and 6:00pm
 Sunday 9:00am and 10:00am

'The Chosen' Discussion Groups: we have two full groups running in the Parish Centre each week. There are limited spaces available for a Thursday morning (9:30am-11am) group. If you are interested in joining this group, please contact Frances in the Parish Office. The Chosen is an eight-episode series that portrays Jesus "through the eyes of those who met him". It is a moving drama that means so much more to us as Christians. Each meeting starts with the episode, followed by refreshments and the discussion.



We prayerfully remember **Margaret Thurston** who died this past week. We also remember **Kathleen Sullivan, Merle Anderson** and **Franjo Vahovic** whose anniversaries occur. Also all who have died from the Covid-19 virus, in Australia and worldwide. May they rest in peace.

Feast days: Monday 1st June - The BVM, Mother of the Church

Wednesday 3rd June - Charles Lwanga & Ugandan Martyrs

Sunday 7th June - Trinity Sunday



St Michael's Parish Nowra

Incorporates the Church communities of St Michael's - Nowra, St Patrick's - Berry, Sacred Heart - Bomaderry

Mary Help of Christians – Culburra, Holy Spirit - Vincentia & St Joseph's – Kangaroo Valley

Telephone: 4423 1712 Email: office@nowraparish.org.au Web: www.nowraparish.org.au

The Feast of Pentecost

31st May 2020



First Reading – The Acts of the Apostles - Acts 2:

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.' **The Word of the Lord.**

Responsorial Psalm Ps 103:

(R.) Lord, send out your Spirit and renew the face of the earth.

1. Bless the Lord, my soul!
Lord God, how great you are,
How many are your works, O Lord!
The earth is full of your riches. **(R.)**
2. You take back your spirit, they die,
returning to the dust from which they came.
You send forth your spirit, they are created.
and you renew the face of the earth. **(R.)**
3. May the glory of the Lord last for ever!
May the Lord rejoice in his works!
May my thoughts be pleasing to him.
I find my joy in the Lord. **(R.)**

A reading from the first letter of St Paul to the Corinthians 1 Cor 12:3-7, 12-13

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink. **The Word of the Lord.**

Sequence.

Holy Spirit, Lord of light,
From the clear celestial height
Thy pure beaming radiance give.

Come, thou Father of the poor,
Come with treasures which endure.
Come, thou light of all that live!

Thou, of all consolers best,
Thou, the soul's delightful guest,
Dost refreshing peace bestow.

Thou in toil art comfort sweet.
Pleasant coolness in the heat.
Solace in the midst of woe.

Light immortal, light divine,
Visit thou these hearts of thine,
And our inmost being fill:

If thou take thy grace away,
Nothing pure in man will stay.
All his good is turned to ill.

Heal our wounds, our strength renews.

On our dryness pour thy dew.

Wash the stains of guilt away:

Bend the stubborn heart and will.

Melt the frozen, warm the chill.

Guide the steps that go astray.

Thou, on us who evermore

Thee confess and thee adore,

With thy sevenfold gifts descend:

Give us comfort when we die.

Give us life with thee on high.

Give us joys that never end.

Gospel Acclamation

Alleluia, alleluia!

Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.

Alleluia!

Gospel - A reading from the holy Gospel according to John **Jn 20:19-23**

As the Father sent me, so I send you: Receive the Holy Spirit.

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me,
so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.
For those whose sins you forgive,
they are forgiven;
for those whose sins you retain,
they are retained.'