



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

14th Sunday in Ordinary Time

5th July 2020

Under the NSW Public Health Act 2020 - the number of worshippers attending Mass is limited to the number permitted by congregational space, with worshippers seated 1.5M apart. The maximum worshippers will vary for each Church.



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

How to register for Mass

For Vigil and Sunday Mass at Berry, Bomaderry, Culburra, and Nowra please call **0477 427 396**.

- The phone is answered between 10am & 3pm Monday to Friday.
- Registration is NOT required for weekday Mass. However, your contact details will be recorded on the day.
- In compliance with the **1.5m social distancing rule** each of the churches in the parish has a **limited number** of seats available.
- Persons with coughs and / or flu like symptoms, are *urged not to attend*.
- To register for Mass at Kangaroo Valley, please email ronankangaroo1@gmail.com
- For Mass at Vincentia, please call 4441 5723.

The Church is yet to open for private prayer.

We prayerfully remember the recently deceased: **Renata Reitz, Lorraine Thomson (nee Shadel), Bruce Davis** (our very faithful Acolyte, accountant and life-long parishioner). Also **Frank Smith** and all whose anniversaries occur. We pray for all who have died from Covid-19 in Australia and worldwide. May they rest in peace.



PLANNED GIVING ENVELOPES – the oncoming envelopes for the 2020/2021 financial year are ready for collection from each Church. Thank you for your ongoing financial support of our parish during the COVID-19 restrictions.

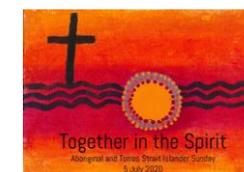
Communion to sick and homebound Co-ordinator Holy Spirit – the new Co-ordinator is [Brian Costello](#). Brian will be responsible for rosters, ensuring you have the correct forms etc. You can contact Brian on 0418 230 122.



Every 2nd Saturday of the month, starting from **Saturday 11th July**, during the Holy Hour of Adoration (from 11.00am to 12.00 noon) before the Blessed Sacrament, **Fr Tiziano** is available for Reconciliation at Holy Spirit, Vincentia.

Sacred Heart – Bomaderry - We have become very short of volunteers to cut grass. Rostered on only twice a year. Anyone who would be willing to assist, please ring Ivor on 44210929.

Thanks to our incredible team of Catechist in our Parish, we will be able to resume SRE Lessons in Term 3! As you can imagine, not everyone is able to return to teaching SRE at this time and due to personal circumstances. Some of our team have rightly chosen to return in Term 4 or next year. If you are able to help us cover classes in Term 3 please contact Frances: 44231712 or frances.fairs@dow.org.au



Aboriginal and Torres Strait Islander Sunday

The St Michael's Catholic Parish acknowledge the Traditional Custodians who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander Peoples to this Country and commit ourselves to the ongoing journey of Reconciliation.

Aboriginal and Torres Strait Islander Sunday Mass livestreamed from 10am EST 5th July. <http://www.natsicc.org.au/>

Feast Days: Mon 6th June - St Maria Goretti
Tues 7th June - Bl Peter To Pot - Papua NG
Sat 11th June - St Benedict

Mass Times

Saturday Vigils

Nowra	5:00pm
Culburra	5:00pm
Vincentia	5:00pm
	6:15pm

Sunday Mass Times

Nowra	8:00 am	9:30am	5:00 pm
Berry	8:00 am		
Bomaderry	9:30 am		
Vincentia	9:00 am	10:15	
Kangaroo Valley	11:00 am		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nowra	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am
			5:30 pm		11:30 am
Berry		5:30 pm			
Culburra				5:30 pm	
Bomaderry					5:30 pm
Vincentia	8:00 am	5:30 pm	5:30 pm	8:00am	8:00 am
Kangaroo Valley		9:00 am	9:00 am	9:00 am	



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First Reading - A reading from the prophet Zechariah

The Lord says this:

‘Rejoice heart and soul, daughter of Zion!
Shout with gladness, daughter of Jerusalem!
See now, your king comes to you;
he is victorious, he is triumphant,
humble and riding on a donkey,
on a colt, the foal of a donkey.
He will banish chariots from Ephraim
and horses from Jerusalem;
the bow of war will be banished.
He will proclaim peace for the nations.
His empire shall stretch from sea to sea,
from the River to the ends of the earth.’

Responsorial Psalm

**(R.) I will praise your name for ever,
my king and my God.**

1. I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever. **(R.)**
2. The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures. **(R.)**
3. All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God. **(R.)**
4. The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down. **(R.)**

Second Reading - A reading from the letter of St Paul to the Romans

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

Gospel Acclamation

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.

Alleluia!

Gospel - A reading from the holy Gospel according to Matthew

Jesus exclaimed, ‘I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.’

Gospel Reflection by Greg Sunter

When we hear the term, yoke, we tend to think about the yoke that is used to harness oxen together or the yoke that someone might carry on their shoulder to balance a heavy load. This yoke across the shoulder was adopted into tailoring and so the shoulder piece set into a shirt is also called a yoke. However, in the Jewish tradition there is a completely different meaning to the term. The yoke of a rabbi was his particular interpretation of Torah (the Law); his particular teaching. Disciples who followed a particular rabbi sought to take on his yoke; his particular interpretation. The yoke of any rabbi was best identified by asking him, ‘Which is the greatest commandment?’ A rabbi’s answer to this question revealed his interpretation of Torah. When Jesus is asked that question, he answers, ‘Love God and love your neighbour,’ and goes on to

say that all of the rest of the Law and the prophets flows on from these two commandments. This is the yoke – the interpretation of Torah – that Jesus taught.

In today’s gospel, Jesus calls to him all those who labour and are overburdened. It is the Pharisaic interpretation of the Law that burdens these people. Trying to maintain the Law was burdensome and complicated for the everyday person. Jesus says, ‘Shoulder my yoke and learn from me ... my yoke is easy.’ The yoke of Jesus was easy: Love God and love your neighbour. Compared to the 613 mitzvot (commands) set out in the Torah and strictly maintained by the Pharisees, the yoke of Jesus was incredibly easy to understand and adopt. So simple, in fact, that it required a child-like simplicity to accept this yoke.