



## St Michael's Parish, Nowra

Incorporating the Catholic Communities of St Michael's, Nowra – St. Patrick's, Berry – Sacred Heart, Bomaderry - Help of Christians, Culburra – St Joseph's, Kangaroo Valley – Holy Spirit, Vincentia.

**FaceBook:** [www.facebook.com/pg/stmichaelsparishnowra](http://www.facebook.com/pg/stmichaelsparishnowra)

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***Bookings for Weekend Masses, please see notice inside bulletin***

**Feast of Christ the King**

**22nd November 2020**

### **INTROVERTS AND EXTROVERTS AND THE SPIRITUAL JOURNEY**

**Ron Rolheiser OMI**

Nothing so much approximates the language of God as silence. So writes Meister Eckhard. Among other things this tells us that there is a certain inner work that we can only do by ourselves, alone, in silence. There is a certain depth and interiority that can only be had at a price, silence and solitude. Some things we can only learn alone.

But that's half of an equation: There is also the axiom: Communities are schools of charity. There is too a certain maturity, health, sanity, and resiliency that can only be had by interacting with others. Certain things can only learned by being with others.

The Christian spiritual tradition has always emphasized both, though rarely at the same time.

On the one hand, spiritual writers have always tended to put an important emphasis on the type of inner work that can only be done in private prayer and contemplation. That is why silence is judged to be so important while on a retreat: "How can you be serious about prayer and conversion unless you are willing to face, in silence, the chaos inside your own heart?" To fear or shun silence generally brings with it the judgment that you are superficial, shallow, fearful of depth, and afraid to be alone with God and yourself. Sometimes this is true. We often do fear being silent and alone because we are afraid of what we might find there. As Thomas Merton puts it, there is a hidden wholeness at the heart of things but, because we are afraid that we might find chaos there instead, we fear being alone and silent long enough to journey to the heart of things. It is far safer on the surface. The emphasis on interiority and silence in classical spiritual writings is trying to ease precisely this fear in us so as to challenge us to a silence and solitude within which we can face ourselves and journey to the heart of things.

On the other hand, Christian spirituality has also always emphasized the social aspect of our lives, family, church-going, and involvement within a community. The social dimension of life too has always been considered a non-negotiable element within a healthy spiritual life. Most of the same writings that emphasize silence and solitude also emphasize being within a family or a community and participating in church life. They warn that there is a real danger in being too private, in being too caught up inside of ourselves, in avoiding community, in being on a private quest without enough concern for the family and community.

Both emphases, taken alone, are one-sided: An emphasis on silence and solitude alone tends to penalize extroverts, just as an emphasis on community and church alone tends to penalize introverts. Too rarely have we struck a healthy balance on this.

Both are necessary and both are necessary within the life of the same person. Simply put, there is a certain inner work that can only be done alone, in silence, just as there is a certain growth and maturity that can be only be reached through long faithful interaction within a family and community. There is a time to be alone, away from others, and there is a time to be with others, away from the private fantasies within our own minds. Being silent and being social do different things for us. If I am alone and silent too much, I will probably develop a certain depth, but I also stand the chance of living too much inside my own fantasies. Conversely, if I am a social-butterfly who shuns silence and aloneness, the danger is that I will end up rather shallow and superficial, uninterested in anything beyond the gossip of the day, but I may well possess a balance, sanity, and resiliency that is less evident in the person more given to silence and solitude.

We need both, silence and socializing, in our lives and pitting one against the other is a false dichotomy. They aren't in opposition to each other but are both vital components of the same journey towards a community of life with God and each other.

There is a great paradox within the mystery of intimacy and communion, namely, sometimes it is when we are most alone and in silence that we are really most in communion with each other, just as sometimes it is in the midst of a social gathering that we are most alone. Conversely, sometimes it is when we are most social, sharing with others, that we sense most deeply the mystery of God's ineffable presence, even as it is sometimes when we are most alone and silent in prayer that we feel most strongly that God is absent. This is the great paradox, being alone is meant to lead us into deeper communion with each other and socializing with each other is meant to lead us into a deeper individual union with God. Introverts and extroverts equally struggle and are equally privileged.



This weekend 75 children from the parish, will receive

## Holy Eucharist for the first time

*Please keep these children and their families in our prayers.*



### *Catechist Mass and Awards*

In a year where we have not been able to gather, let's come together and enjoy our annual Catechist Mass!

Please come to our end of year Catechist Mass, which will be on

**Monday 7<sup>th</sup> December at  
St Michael's Church.**

The Catechist Mass is for all those who are active in our ministry, those who are retired or on leave from the ministry and those who support us, such as our spouses.

If you would like attend Mass, please register by emailing [frances.fairs@dow.org.au](mailto:frances.fairs@dow.org.au) or calling the Parish Office (44231712). We must do this to abide by the COVID19 regulations.

#### **Last SRE lessons for 2020**

We have certificates and gifts in the Catechist Centre for you to collect for your end of year class celebration. Certificates, gifts and books will need to be presented at your final lesson.



*Advent:  
Season  
of Hope  
and  
Expectation*

Take time to step aside for some quiet reflection on the beautiful season of Advent, its scriptural themes & readings.

This time will include some input, Scripture, Advent music, visual images, quiet reflection & prayer. You will receive some take-home material to nourish your spirit.

**Time: Session 1 Monday 30th November  
7.00 - 7.50 pm**

**Session 2 Tuesday 1st December  
11.00 - 11.50 am**

*(this is a repeat of the Monday evening presentation)*

**Venue: St Michael's Parish Church**



**CWL Nowra Branch** will be holding their annual Christmas Raffle this weekend and next weekend at all Mass centres.

1st and 2nd prize a beautiful Christmas hamper. Tickets \$2 each or 3 for \$5. We appreciate your support as (like every other group in the parish) we have been unable to hold any functions to raise funds this year due to COVID, so the raffle is it!!! Thank you.

**Children's Liturgy Worksheets can be downloaded  
from the parish website**

<http://nowraparish.org.au/faithresources>

### *Steam Gift Vouchers*

The parish has 3 x \$100 vouchers available to buy. With Steam Gift Vouchers you can download and play PC games. These would make a wonderful Christmas gift. The gift cards are available for purchase from the parish office. Please note we do not have EFTPOS.

## **Registering for weekend Masses:**

For Nowra, Culburra, Berry and Bomaderry - call **0477 427 396** (Mon to Fri between 10am & 3pm)

For Mass at Kangaroo Valley, please email [ronankangaroo1@gmail.com](mailto:ronankangaroo1@gmail.com)

For Mass at Vincentia - call **0435 862 156** or email [holyspiritvincentia@gmail.com](mailto:holyspiritvincentia@gmail.com)

\*\*\* PLEASE CALL TO CANCEL YOUR BOOKING  
IF YOU HAVE REGISTERED FOR MASS AND ARE UNABLE TO ATTEND\*\*\*

<i>Mass Times</i>		<i>Sunday Mass Times</i>									
<i>Saturday Vigils</i>		Nowra	8:00 am	9:30am	5:00 pm	Nowra	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nowra	5:00pm	Berry	8:00 am			Berry	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am
Culburra	5:00pm	Bomaderry	9:30 am			Culburra		5:30 pm		5:30 pm	
Vincentia	5:00pm 6:15pm	Vincentia	9:00 am	10:15		Bomaderry					5:30 pm
		Kangaroo Valley	11:00 am			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	

### Confessions / Reconciliation

Nowra: Saturday: 9.30 – 10.30am

Culburra: Saturday prior to Vigil Mass at 5.00pm

Vincentia: Saturday 4pm

Berry: Tuesday following 5.30pm Mass

Bomaderry: Friday following 5.30pm Mass



**Advent Books** - The Diocesan Advent & Christmas Daily Reflections booklet – **Adore** – are available at all Churches.

In line with COVID restrictions, the **attendance monitors** will be selling the booklets, **after Mass**. \$2 per copy. (correct money would be appreciated, as no change can be given).

We prayerfully remember the recently deceased **Helen Davis** and **Walter Bennett** and all those whose anniversaries occur at this. We pray also for all who have died from Covid-19 in Australia and worldwide. May they rest in peace.



### **November – A month when we remember our deceased loved-ones.**

These envelopes are available in the porches of all our churches or can be picked up from the Parish Office.

When you have written the names of your deceased family or friends on the outside of the envelopes, place your offering inside the envelopes and return to the collection boxes in the church in the “First Collection” side, or hand in to the office or one of the priests. The Masses will be said throughout the month of November.

### **UPDATE ON COVID RESTRICTIONS**

Although the NSW Government has eased restrictions on the number of people for religious gatherings and places of worship (excluding weddings and funerals),...

**HOWEVER:** Due to the size of all the Churches in the parish, the maximum number of people we can accommodate does **NOT change**. Parishioners are reminded to register for ALL weekend Masses. You are respectfully asked to sit observing the distancing rules of 1.5<sup>2</sup> m.

If you are asked to move seats, by the attendance monitor, **Please be mindful**, we are all following the same rules and we thank you for your patience and understanding.

## Entrance Antiphon - Rv 5:12; 1:6

How worthy is the Lamb who was slain, to receive power and divinity, and wisdom and strength and honour. To him belong glory and power for ever and ever.

## A reading from the prophet Ezekiel - Ez 34:11-12. 15-17

The Lord says this: I am going to look after my flock myself and keep all of it in view. As a shepherd keeps all his flock in view when he stands up in the middle of his scattered sheep, so shall I keep my sheep in view. I shall rescue them from wherever they have been scattered during the mist and darkness. I myself will pasture my sheep, I myself will show them where to rest – it is the Lord who speaks. I shall look for the lost one, bring back the stray, bandage the wounded and make the weak strong. I shall watch over the fat and healthy. I shall be a true shepherd to them. As for you, my sheep, the Lord says this: I will judge between sheep and sheep, between rams and he-goats.

## Responsorial Psalm - Ps 22:1-3. 5-6. R. v.1

**Response:** The Lord is my shepherd; there is nothing I shall want.

1. The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose (R.)

2. Near restful waters he leads me,  
to revive my drooping spirit.  
He guides me along the right path;  
he is true to his name. (R.)

3. You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing. (R.)

4. Surely goodness and kindness shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever. (R.)

## A reading from the first letter of St Paul to the Corinthians - 1 Cor 15:20-26. 28

Christ has been raised from the dead, the first-fruits of all who have fallen asleep. Death came through one man and in the same way the resurrection of the dead has come through one man. Just as all men die in Adam, so all men will be brought to life in Christ; but all of them in their proper order: Christ as the first-fruits and then, after the coming of Christ, those who belong to him. After that will come the end, when he hands over the kingdom to God the Father, having done away with every sovereignty, authority and power. For he must be king until he has put all his enemies under his feet and the last of the enemies to be destroyed is death. And when everything is subjected to him, then the Son himself will be subject in his turn to the One who subjected all things to him, so that God may be all in all.

## Gospel Acclamation Mk 11:9-10

Alleluia, alleluia!

Blessings on him who comes in the name of the Lord! Blessings on the coming kingdom of our father David!

Alleluia!

## Gospel - Mt 25:31-46



Jesus said to his disciples: 'When the Son of Man comes in his glory, escorted by all the angels, then he will take his seat on his throne of glory. All the nations will be assembled before him and he will separate men one from another as the shepherd separates sheep from goats. He will place the sheep on his right hand and the goats on his left. Then the King will say to those on his right hand, "Come, you whom my Father has blessed, take for your heritage the kingdom prepared for you since the foundation of the world. For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me." Then the virtuous will say to him in reply, "Lord, when did we see you hungry and feed you; or thirsty and give you drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you?" And the King will answer, "I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me." Next he will say to those on his left hand, "Go away from me, with your curse upon you, to the eternal fire prepared for the devil and his angels. For I was hungry and you never gave me food; I was thirsty and you never gave me anything to drink; I was a stranger and you never made me welcome, naked and you never clothed me, sick and in prison and you never visited me." Then it will be their turn to ask, "Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison, and did not come to your help?" Then he will answer, "I tell you solemnly, in so far as you neglected to do this to one of the least of these, you neglected to do it to me." And they will go away to eternal punishment, and the virtuous to eternal life.'

## Communion Antiphon - Ps 28:10-11

The Lord sits as King for ever. The Lord will bless his people with peace.