

# Saint Michael's Catholic Parish



12 Sproule Street - Nelson Bay 2315  
Phone Number: 4981 1069 Mobile: 0401 233 650  
Email: stmichaelsnb@mn.catholic.org.au  
www.nelsonbaycatholicchurch.com  
Diocese of Maitland-Newcastle

## Third Sunday of Lent Year A 8 March 2026

We acknowledge the Worimi people - the traditional custodians of this land.  
**If today you hear his voice, harden not your hearts.**

### WEEKEND MASS TIMES

Reconciliation:  
Saturday  
4.00pm - 4.45 pm  
Saturday Vigil: 5:00 pm  
Sunday Mass: 8.30 am  
Exposition and  
Adoration  
One Hour before Mass

### WEEKDAY MASS

Tuesday 5.00pm  
Wednesday 9.15am  
Thursday 5.00pm  
Friday 9.15am

### NURSING HOME MASSES

Every Second Wednesday  
10.30 am Uniting.  
Muller Street  
Salamander Bay

Every Third Thursday  
10.00am Regis Aged Care  
Corlette.

Every Forth Thursday  
10.00am Harbourside  
Shoal Bay.

### PARISH CONTACTS

#### PARISH PRIEST:

Fr. Anthony Nguyen  
Phone: 0420 401 025

#### PARISH DEACON:

Dcn Gerard McCarthy

#### PARISH SECRETARY:

Mrs Dianne Maricic  
Parish Office Hours  
9.30 am to 3.00 pm  
Wednesday to Friday  
Phone: 0401 233 650

#### ST MICHAEL'S PRIMARY SCHOOL PRINCIPAL:

Ms Helen Bourne  
Office: 4981 1111

### COMMUNITY SAFETY AT OUR MASSES

Please be assured that we are doing all we can to ensure our gatherings are as safe as possible:

- Please do not enter the church or other parish buildings if you are unwell. This includes meetings/gatherings.
- No density limits apply in Places of Worship but please allow space between people where possible.
- Please continue to hand sanitise.
- HOLY WATER is now available and is changed regularly.

### ANOINTING MASS

An Anointing Mass will celebrate at St. Michael's Catholic Church on Friday, 13 March 2026 at 9.15 am

In receiving the Anointing, we are invited to surrender our fears and pain to God, trusting in his love and mercy. The laying on of hands and anointing with holy oil are signs of Christ's compassion and a reminder that we are not alone in our suffering.

Through this holy anointing may the Lord in his love and mercy help you with the Grace of the Holy Spirit. May the Lord, who frees you from sin, save you and raise you up.

*"The Prayer of the Anointing of the Sick"*

### STATIONS OF THE CROSS - FRIDAY, 6<sup>th</sup> MARCH 2026

Friday's during Lent, we begin the Stations of the Cross at 8.45am before Mass. Please join us.

### CALLED AND GIFTED DISCERNMENT PROCESS

After the success of the 2025 trial, Mission & Evangelisation is working with the Catherine of Siena Institute to offer the Called & Gifted Discernment Process this year. We will again offer this life-changing discernment process, inviting you to discover your God-given charisms. Commencing in May, step forward in faith and help our parishes thrive through use of your gifts.

Express your interest for 2026 here -

<https://mn.catholic.org.au/event/register-for-the-called-gifted-program/>

### ST MICHAEL THE ARCHANGEL PRAYER

Saint Michael the  
Archangel,  
defend us in battle.  
Be our protection against  
the wickedness and  
snares of the devil;  
May God rebuke him,  
we humbly pray;  
And do thou,  
O Prince of the  
Heavenly Host,  
by the power of God,  
cast into hell Satan  
and all evil spirits  
who roam the world  
seeking the ruin of souls.  
Amen.

**ST MICHAEL'S CATHOLIC CHURCH - NELSON BAY  
PROMOTES SAFEGUARDING, WHICH INVOLVES THE IMPLEMENTATION OF  
PROACTIVE, COMMON SENSE AND PRACTICAL IDEAS THAT ENSURE THE SAFETY OF  
CHILDREN AND VULNERABLE ADULTS IN OUR COMMUNITY.  
SAFEGUARDING PROMOTION: FOR ALL SAFEGUARDING CONCERNS WITHIN THE  
PARISH, PLEASE CONTACT: FR. ANTHONY, DEACON GERARD AND DIANNE  
MARICIC.**



Third Sunday of Lent  
7-8 March 2026



**Monoranjon** lives in a village in Bangladesh close to the sea, where floods and storms often damage his crops and his home. With support from Project Compassion, he learnt climate-resilient farming techniques and new ways to diversify his income, helping his family survive and build a safer, more sustainable future.

**Please donate today.**

You can support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code.

Or online at: [www.projectcompassion.org.au/donate](http://www.projectcompassion.org.au/donate)

Or by calling: 1800 024 413

Thank you for standing with us, as we *Unite Against Poverty this Lent.*

**PASCAL TRIDUUM / EASTER MASSES TIMETABLE**

† Tuesday, 31 <sup>st</sup> March	Chrim Mass	6.30 pm – (Sacred Heart Cathedral, Newcastle)
† Wednesday, 1 <sup>st</sup> April	Holy Week	9.15 am
† Thursday, 2 <sup>nd</sup> April	Mass of the Last Supper	6.00 pm
	Adoration followed until	8.00 pm
† Friday, 3 <sup>rd</sup> April	Stations of the Cross	10.00 am
	The Lord's Passion	3.00 pm
† Saturday, 4 <sup>th</sup> April	Holy Saturday Vigil	5.30 pm
† Sunday, 5 <sup>th</sup> April	Easter Sunday	7.00 am and 8.30 am

**LENTEN RECONCILIATION (CONFESSION)**

Tuesday 4.00pm – 4.45pm, Wednesday 8.00am – 9.00am, Thursday 4.00pm – 4.45pm, Friday 8.00am – 9.00am, Saturday 4.00pm – 4.45pm, Sunday 7.00am – 8.15am.

**CARING GROUP - NEW MEMBERS**

The Caring Group aims to foster the development of an inclusive parish which makes Christ present to each other, by engaging in good works that honour and reflect the dignity of all parishioners. It seeks to reach out to parishioners who through isolation or ill health are unable to physically join with the rest of the parish community.

Members of the Caring Group undertake a variety of tasks within the parish including taking Communion to parishioners who can no longer come to mass and visiting those who are limited in their ability to move outside of their home or nursing home. Parishioners who would like to join the Caring Group please contact Gary or Julie Carey on 0411 289 176.

**NEXT SUNDAY**

**4th Sunday of Lent  
Year A**

**First Reading**

1 Samuel 16:1. 6-7. 10-13

**Responsorial Psalm**

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

**Second Reading**

Ephesians 5:8-14

**Gospel**

John 9:1-41

**PRAYERS PLEASE**

In your mercy, please pray for those who have died recently: **Elizabeth Smith, Artemia Sheather, Yacob Misuari** and those whose anniversaries occur around this time: **Medrina Panaligan, Mary Spiteri, Alejandro Bandilla** and **Joseph Fenwick**, and for the sick in our parish: **Damien Brinley, Robyn Harris, Lorraine McCourt, Justin Fox, Joe Garreffa, Brenda and Brian Tucker, Sarlic Trumbli, Maureen Noonan, Clemente Quinajon, David Berkeley, Anna Tan, Johny and Alexander Vella** and **David Campbell.**

*Masses will be offered on request. Due to privacy laws, names of the sick and deceased can only be put in the bulletin with the permission of the immediate family.*

**Names on the Sick List will be removed after 4 weeks unless otherwise advised.**

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# **Pascal Triduum - Easter Masses 2026**

**HOLY THURSDAY 02 APRIL**  
**MASS OF THE LAST SUPPER 6.00pm**  
**FOLLOWED ADORATION UNTIL 8.00pm**

**GOOD FRIDAY 03 APRIL**  
**STATION OF CROSS 10.00am**  
**THE LORD'S PASSION 3.00pm**

**HOLY SATURDAY 04 APRIL**  
**VIGIL 5.30pm**

**EASTER SUNDAY 5 APRIL**  
**EASTER MASS OF RESURRECTION**  
**7.00am and 8.30am**

**St. Michael's Catholic Church**  
**12 Sproule Street NELSON BAY**



“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”

Matthew 11:28



## March 2026

6<sup>th</sup> March (1<sup>st</sup> Friday)

**Healing Prayer Service, 6:30pm-8:30pm**

at Our Lady of Dolours Church, CHATSWOOD

20<sup>th</sup> – 22<sup>nd</sup> March

**PREPARATION FOR THE HOLY WEEK RETREAT - SOMERSBY**

Guided by Fr Sam Samuel VC & Fr Juby Varghese VC

Commencing on Friday 5.30pm & conclude on Sunday 4.00pm

For bookings: 02 4372 1598 or email: [drcretreatrego@gmail.com](mailto:drcretreatrego@gmail.com)

16<sup>th</sup> March (3<sup>rd</sup> Monday)

**Healing Prayer Service, 7:00pm-9:00pm**

at St Patrick's Church, 11 Macquarie Street, WALLSEND

20<sup>th</sup> March (3<sup>rd</sup> Friday)

**Holy Mass & Adoration, 6:00pm-8:30pm**

at Our Lady Help of Christians Church, 31 Oxford St, EPPING

29<sup>th</sup> March, 9:00pm onwards (Last Sunday)

**ONE DAY PILGRIMAGE - SOMERSBY**

Praise and Worship, Preaching the Word, Eucharistic Adoration, Divine Mercy Chaplet, Holy Mass

**ALL ARE WELCOME, NO BOOKING REQUIRED, BYO LUNCH**



## Divine Retreat Centre

160 Hensons Road, SOMERSBY, NSW 2250

Tel: 02 4372 1598, email: [drtsydney@gmail.com](mailto:drtsydney@gmail.com)

• [www.divineretreatcentre.org](http://www.divineretreatcentre.org) • Find us on Facebook

## RESIDENTIAL RETREATS FOR 2026

Starts on Friday at 5:30pm &  
Ends on Sunday, 4:00pm

JAN	<b>BIBLE CONVENTION</b> (Led by Fr Antony) Jan 31st- 1st Feb) 9am-4pm
FEB	27Feb-1Mar, Lenten Retreat
MAR	20-22, Preparation for Holy Week Retreat
APR	17-19, Deliverance Retreat
MAY	15-17, Preparation For Pentecost Retreat
JUN	19-21, Inner Healing Retreat
JUL	10-12, Family Healing Retreat
AUG	14-16, Dei Verbum Retreat
SEP	11-13, Deliverance Retreat
OCT	2-4, Marian Retreat
NOV	13-15, Inner Healing Retreat
DEC	11-13, Advent Retreat

### PLEASE BOOK VIA OUR WEBSITE

<https://divineretreatcentre.org/booking-form/>  
or email us at [drcretreatrego@gmail.com](mailto:drcretreatrego@gmail.com)

### SILENT GUIDED RETREAT

*If you would like to book for a private "SILENT GUIDED RETREAT", please email [drcsydney@gmail.com](mailto:drcsydney@gmail.com) and we will share information about the cost and what to bring, to help you prepare for a peaceful and meaningful experience.*

## OUTREACH MINISTRIES

**First Friday (Chatwood)**  
Healing Prayer Service, 6:30pm-8:30pm  
at Our Lady of Dolours Catholic Church, CHATSWOOD

**Third Monday (Wallsend)**  
Healing Prayer Service, 7:00pm-9:00pm  
at St Patrick's Church, 11 Macquarie street, WALLSEND

**Third Friday (Epping)**  
Holy Mass & Adoration, 6:00pm-8:00pm  
at Our Lady Help of Christians Church, 31 Oxford St, EPPING

**Fourth Thursday (Adelaide)**  
Spiritual Healing Retreat, 7:00pm-9:00pm  
St Peter Claver Church, 8 Stuart Road, Dulwich,  
Adelaide, SA 5065

**Brisbane & Canberra (As advertised)**

For other upcoming outreach ministries please refer  
to our website events page:  
<https://divineretreatcentre.org/events/>

**Spiritual Guidance,  
confessions by appointment.**  
Email: [drcsydney@gmail.com](mailto:drcsydney@gmail.com)

**Perpetual adoration Chapel: Open 24/7**

We rely on your loving support to maintain this beautiful space and ensure our ministries can thrive. If you are able to give, your gift is a blessing that helps us keep the doors open and our hearts dedicated to serving God and neighbour. Thank you for your care and commitment to our ministry.

Kindly make your donation via the QR code or through our bank account.

#### BANK DETAILS:

Name: Vincentian Missionaries  
ABN: 26 173 469 536  
Bank: Westpac BSB: 032071 Ac No: 524895

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\* Personal information provided will be confidential and will not be given out to third parties.*

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TO  
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