

# Saint Michael's Catholic Parish



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[www.nelsonbaycatholicchurch.com](http://www.nelsonbaycatholicchurch.com)  
Diocese of Maitland-Newcastle

## Fourth Sunday in Ordinary Time Year A 1 February 2026

We acknowledge the Worimi people - the traditional custodians of this land.  
**Happy the poor in spirit; the kingdom of heaven is theirs!**

### 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 NO MASS  
Wednesday NO MASS  
Thursday NO MASS  
Friday NO MASS

### NURSING HOME MASSES

Every Second Wednesday  
10.30 am Uniting.

Muller Street  
Salamander Bay

Every Third Thursday  
10.00am Regis Age 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.

### HOLY COMMUNION

The Communion host can be received in the hand, and on the tongue with care. Since the latter is deemed high risk, please proceed to the Priest or Deacon only and at the end of the line.

### IN CASE OF A MEDICAL EMERGENCY

Our Church is equipped with a defibrillator in the event of a cardiac arrest. It is located on the left-hand side in the piety store. It is designed to be used by everyone.

### YOU ARE INVITED TO OUR ANOITING MASS

Friday 13 February 2026 at 9.15 am.

An anointing with the "Oil of the Sick" is for the sick, frail, elderly or anyone in need of healing.

### NOTE: NO WEEKDAY MASSES

No masses on Tuesday, Wednesday, Thursday and Friday this week.

### MEDITATION



Christian meditation is the process in which we take time to become aware of our infinite potential in the context of the Christ event. Christian meditation is on every Friday at 10.00 am in the multi-purpose room at the back of the Church. Everyone is welcome to attend.

*'Meditation is about a deep conversion of heart'.*

### 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.**

**HELP NEEDED TO PASS GOD'S LOVE ON TO THE NEXT GENERATION**

During the school term a group of parishioners from St. Michael's go to three of our local state schools to conduct a 30-minute Special Religious Education (SRE) lesson sharing the story of Jesus' Life, Death and Resurrection.

If you are willing to share your faith with children, the SRE team would love to hear from you. All the lessons are prepared, and the Teachers' Manual provides a step-by-step guide. You will be provided with all the training and support you require.

You will be rewarded with knowing that you are bringing the joy of the Gospel to young people, some of whom may have no other encounter with Christ during their school years. The impact you will have on these young people will be unique and lasting. If you think you may be able to assist, please contact the SRE Coordinator, Kevin Locke, on 0413 987 192 or contact the Parish Office on 4981 0626. There will be a meeting for all current catechists and parishioners who are interested in learning more about this ministry on Thursday 19<sup>th</sup> February at 10am in the church meeting room.



**CELEBRATING ASH WEDNESDAY - 18th FEBRUARY 2026**

The Season of Lent begins on Wednesday, 18<sup>th</sup> February with the celebration of Ash Wednesday. While Ash Wednesday is NOT a holy day of obligation, it does mark a suitable means of beginning our marking of the Season of Lent.

**Ash Wednesday Mass 9.15 am.**

**ST MICHAEL'S SCHOOL RETURN**

The students will return on Monday, 2nd February, with the new Kindergarten students commencing their journey on Wednesday 4 February.

We pray that the year ahead will be time of great learning and joy.

**INTERNATIONAL EUCHARISTIC CONGRESS 2028**

The International Eucharistic Congress 2028 to take place in Archdiocese of Sydney, will be formally launched on Sunday 1 March. Each parish in Australia has been invited to host a Holy Hour at Parish Mass on that Sunday.

Bishop Michael has also expressed his hope and expectation that this will happen in the parishes of our diocese. The Holy Hour and Benediction will take place at 7.00am to 8.10 am on Sunday, 1<sup>st</sup> March 2026 in St Michael's Church in Nelson Bay.

**GLUTEN FREE HOSTS ARE AVAILABLE**

Please see Fr. Anthony or Deacon Gerard before Mass if you need to receive a gluten free host.

**NEXT SUNDAY**

**Fifth Sunday in  
Ordinary Time Year A**

**First Reading**

Isaiah 58:7-10

**Responsorial Psalm**

A light rises in the  
darkness for the upright.

**Second Reading**

1 Corinthians 2:1-5

**Gospel**

Matthew 5:13-16

**PRAYERS PLEASE**

In your mercy, please pray for those who have died recently: Veronica Mitzi, Ilija Macan and those whose anniversaries occur around this time: Andre Perrine, Margaret Lavender, Avelino Quinajon, Brian McKee, Leonora Villanueva and for the sick in our parish: Lorraine McCourt, Carole Crowe, Max and Therese Cooper, Justin Fox, Joe Garreffa, Brenda and Brian Tucker, Damien Brinley, Sarlic Trumbli, Maureen Noonan, Clemente Quinajon, David Berkeley, Artemia Sheather, 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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# BURNING BRIGHTER



## SRE Expo! 2.2.2026

**Where:** Maryland (Newcastle)

**When:** Monday 2nd February 2026

**Who:** SRE teachers, coordinators, helpers,  
SRE Board members & prospective SRE teachers

**Time:** 9:30- 2pm

**Cost:** FREE

**Keynote Speaker:** Katie Stringer, ICCOREIS

**Curriculum Providers**

**PLUS lots of workshops options:**

Info for SRE Boards and Coordinators

Creative (puppets, storytelling etc)

Classroom Management

Special Needs

**Bookings ESSENTIAL:** [huntersre.com.au/event/sre-expo-burning-brighter](http://huntersre.com.au/event/sre-expo-burning-brighter)

**Enquiries:** 0490 130 576

**Hope to see you there!**

\*Meets ongoing training requirements for most Approved Providers

