

First Reading Numbers 21:4-9

A reading from the book of Numbers

When those that were afflicted looked upon it, they were healed.

On the way through the wilderness, the Israelites lost patience. They spoke against God and against Moses, 'Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.'

At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, 'We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.' Moses interceded for the people, and the Lord answered him, 'Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.' So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.

The word of the Lord

Responsorial Psalm

Ps 77:1-2. 34-38. R. v.7

(R.) Do not forget the works of the Lord!

1. Give heed, my people, to my teaching;
turn your ear to the words of my mouth.
I will open my mouth in a parable
and reveal hidden lessons of the past. **(R.)**
2. When he slew them then they would seek him,
return and seek him in earnest.
They would remember that God was their rock,
God the Most High their redeemer. **(R.)**
3. But the words they spoke were mere flattery;
they lied to him with their lips.
For their hearts were not truly with him;
they were not faithful to his covenant. **(R.)**
4. Yet he who is full of compassion
forgave their sin and spared them.
So often he held back his anger
when he might have stirred up his rage. **(R.)**

The word of the Lord



Second Reading Philippians 2:6-11

A reading from the letter of St Paul to the Philippians

He humbled himself, therefore God had exalted him.

The state of Jesus was divine,
yet he did not cling
to his equality with God
but emptied himself
to assume the condition of a slave,
and became as men are;
and being as all men are,
he was humbler yet,
even to accepting death,
death on a cross.
But God raised him high
and gave him the name
which is above all other names
so that all beings
in the heavens, on earth and in the underworld,
should bend the knee at the name of Jesus
and that every tongue should acclaim
Jesus Christ as Lord,
to the glory of God the Father.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

We adore you, O Christ, and we praise you,
because by your Holy Cross you have redeemed
the world.

Alleluia!

Gospel John 3:13-17

A reading from the holy Gospel according to John

The Son of Man must be lifted up.

Jesus said to Nicodemus:

'No one has gone up to heaven
except the one who came down from heaven,
the Son of Man who is in heaven;
and the Son of Man must be lifted up
as Moses lifted up the serpent in the desert,
so that everyone who believes may have eternal
life in him.

Yes, God loved the world so much
that he gave his only Son,
so that everyone who believes in him may not
be lost

but may have eternal life.

For God sent his Son into the world
not to condemn the world,
but so that through him the world might be
saved.'

Gospel of the Lord

St. Mary's Parish Cowes Three Churches—One Parish

St Mary's—Cowes

Our Lady Star of the Sea—San Remo

St. Joseph's—Bass

Parish Priest: Father Manny Lomagno

Parish Secretary: Kerry Laughton-McConnon

6 Cowes Rhyll Road Cowes 3922 PO Box 878 Cowes 3922 Telephone 59 525 418 Email cows@cdsale.org.au

Office Hours: Wednesday 9.30am – 2.30pm Parish Safeguard Officer: Brendan Marrinon.

Mass/Liturgy of the Word with Holy Communion Times

Star of the Sea—San Remo

Tuesday 9.15am Mercy Prayer followed by
the Rosary & Mass at 10am.

Mass Saturday 6pm

St Joseph's—Bass

Mass Sunday 11 am

Adoration & Prayer Wed 7-8pm

St Mary's—Cowes Wednesday, Thursday, Friday Mass 9am.

Mass Sunday 9am.

Anniversaries: We remember and pray for Peter Laughton,
Frank Farrugia

Memorial: Our Lady of Sorrows, Monday 15th September,
Sts. Cornelius and Cyprian, Tuesday 16th September



Bass Prayer Group on Monday 15th September
at 7pm. Contact Wendy Power 56 782271. All
Welcome



Bible Studies on Wednesday, September 17th at 10:00 am.

Any newcomers are most welcome. Enquiries to Nicholas
on 0409 582 012.



News from Our Lady Star of the Sea

This week we continued our journey with the Fire
(Friends Igniting Reconciliation through
Education) Carriers Program with a presentation from
DOSCEL staff at our staff meeting. Most DOSCEL
schools are FIRE Carriers, committing to an ongoing
relationship with Aboriginal people based on respect and
understanding. The program emerged from the vision of the
Aboriginal Catholic Ministry, who are dedicated to the human dignity
of each person, of reconciliation, and to partnerships. We had two
Yr 6 students represent us at Division Athletics in the 100mts, long
jump and triple jump.



Develop community self-reliance and create lasting change!

Discover Palms International Volunteering
[online](https://palms.org.au) in this special session where you'll chat with
past Palms volunteers and hear how skill-exchange makes a
lasting impact in communities. Explore our
[unique opportunities](https://palms.org.au) and match your life experience to the
experience of a lifetime!

Venue: Online— Scan the QR or register at palms.org.au/events

Date: Thursday 30 October 2025

Time: 7 pm – 8.30 pm AEDT (NSW/VIC/ACT/TAS) **02 9560 5333**

[palms@palms.org.au](https://palms.org.au)

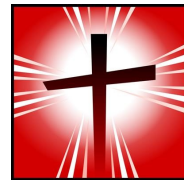


REFLECTION

by Fr Michael Tate

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The Triumph of the Cross



What other religion would have as its central symbol
two rough hewn planks of wood fashioned into an
instrument of torture on which our Founder, Jesus of Nazareth, was
cruelly done to death?

And yet, today, we speak of 'The Triumph of the Cross'. Where is the
triumph?

Let us rid ourselves of one terrible answer: that our heavenly Father
willed that Jesus Christ should suffer that tortured death. What sort of
cruel despot would I be called on to worship if that were the case?

What his Heavenly Father willed was that Jesus Christ should remain
steadfast in the face of adversity, should remain true to his mission to
teach and embody the mercy, the forgiveness, the all-inclusive love of
God for every human being.

When Jesus persevered (not my will but thine be done), the Cross was
the inevitable result. Death appeared to have won the battle to ensure a
death dominated world.

But three days later, our Lord appeared to St Thomas bearing the marks
of the wounds of the Cross but now indelibly imprinted on his
resurrection body.

That is victory, that is triumph. A victory and a triumph in which we are
all called to share.

There have been a couple of questions regarding Safetrac
Training. If you have received an email asking you to
complete online training, it is because anyone who
works/volunteers in the positions below are required to do the
Safetrac training annually.

Annual Training Applies to:

Clergy

Diocesan and parish employees

Parish Safeguarding Officers (employees & volunteers)

Readers, Special Ministers, Choir Members, Morning Tea, Committee
Members, Sacristans.

Email notification from Safetrac: 1 September 2025, then annually from 1
July (from 2026)

Completion timeframe: 45 days

Please contact the Parish office at cows@cdsale.org.au if you have any
queries.



Safeguarding Sunday

This Sunday, we mark Safeguarding Sunday.

Bishop Greg Bennet reminds us that creating a
safe and welcoming Church for our children is a
mission for every one of us. Let us reflect on our
shared responsibility in this vital work. For the full statement from
Australia's bishops and other resources, please visit the website
below. <https://tinyurl.com/58v5z43m>



Pope's Prayer intention for September

In his prayer intention for September 2025, Pope Leo XIV
invites us to pray that we might experience our
interdependence with all creatures, who are loved by God and
worthy of love and respect.



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