

JUBILEE 2025



THE CATHOLIC COMMUNITY OF NORTH HARBOUR

Worshipping Communities of Allambie Heights, Balgowlah, Balgowlah Heights, Brookvale, Clontarf, Manly Vale, North Balgowlah, Seaforth and parts of Beacon Hill and North Manly



**4
AUG
2024**
YEAR B

Under the Pastoral Care of the Augustinians

Catholic Diocese of Broken Bay

Want to receive the bulletin via e-mail? Email office@nhcatholic.org.au



18TH SUNDAY IN ORDINARY TIME

“Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven.” - Jn 6:32

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI

1ST READING

Exodus 16:2-4. 12-15
Manna from heaven.

RESPONSORIAL PSALM

Ps 77:3-4. 23-25. 54. R. v.24
The Lord gave them bread from heaven.

2ND READING

Ephesians 4:17, 20-24
Lay aside your former way of life.

GOSPEL ACCLAMATION

Matthew 4:4

Alleluia, alleluia!

No one lives on bread alone, but on every word that comes from the mouth of God.

Alleluia!

GOSPEL

John 6:24-35

Jesus is the bread of life.

MASS & LITURGY TIMES

CHURCH OF ST. CECILIA

Wanganella St and White St, Balgowlah 2093

MASS:

Wednesday, 9am
Sunday, 9am

BAPTISM:

Sunday, 10.30am
1st Sundays of the month (within the 9am Mass)

*Baptism Preparation is required for first baptisms.
Contact Parish Office for more details. Thank you.*

RECONCILIATION:

Saturday, 5.00 to 5.45pm
Church of St. Kieran

YOUTH MASS:

2nd Sundays of the month
during the school term.

WEDDING:

Require six months notice and
include Pre-Marriage Course as
part of the preparation.

CHURCH OF ST. KIERAN

2 King Street, Manly Vale 2093

MASS:

Monday, Tuesday, Thursday, Friday*, Saturday,
8.30am
Saturday (Vigil), 5.30pm
Sunday, 7.30am, 9.30am, 5pm

** Adoration to the Blessed Sacrament after Mass
on Fridays.*

BAPTISM:

Sunday, 11.30am
1st Sundays of the month (within the 9.30am Mass)

*Baptism Preparation is required for first baptisms.
Contact Parish Office for more details. Thank you.*

In the spirit of reconciliation the Catholic Community of North Harbour acknowledges the Traditional Custodians of these lands on which we gather. We recognise their continuing connection to the lands and waterways and pay our respect to their elders past and present and extend that respect to all First Nations people in our community.



WELCOME TO NORTH HARBOUR

- YOU ARE INVITED
- JOIN US IN OUR VARIED CELEBRATIONS & ACTIVITIES
- CONSIDER SHARING YOUR GIFTS TO US

GET IN TOUCH

- ✉ OFFICE@NHCATHOLIC.ORG.AU
2 KING STREET, MANLY VALE 2093 NSW
- 🌐 WWW.BBCATHOLIC.ORG.AU/NORTHHARBOUR
- ☎ (02) 9949 4455

Scan me!



WHY DO WE DO THAT? Catholic Life Explained

Question:

If God knows everything we do, why do we need to go to Confession?

Answer:

Another term for the Sacrament of Confession is the Sacrament of Reconciliation. We go to this sacrament not only to confess our sins, but to be reconciled with God. Of course, this begs the question, "If I can pray to God on my own, why can't I be reconciled to God on my own?" In the seven sacraments, we recognize the importance of community. Sacraments like baptism or matrimony happen in the context of the wider church to remind us of the communal impact of our lives. We are not alone in our walk of faith!

We don't need to confess our sins in front of the whole community – thank God! But going to the Sacrament of Reconciliation is a tangible reminder that our sins affect not only ourselves and our relationship with God, but others as well. Jesus gave his Apostles authority to forgive sins in his name. Through this sacrament, we are really, truly forgiven by God Himself. We receive an outpouring of grace and strength to sin no more and our relationship with Christ and his Body, the Church, are restored. ©LPi

BRINGING HOME THE GOSPEL

There is a classic scene in the stage version of Peter Pan when the sparkling light that is Tinker Bell begins to dim. Peter looks out at the audience and tells them that Tinker Bell's light will go out forever if they can't convince her that they believe in her. Peter encourages the audience to clap as hard as they can to convince the little fairy of their belief. As the noise from the clapping grows louder and louder, the sparkle that is Tinker Bell grows brighter and brighter.

Wouldn't it be great if we could have our children just clap their hands to show they believe in Jesus? And wouldn't it be even greater if their clapping made Jesus' presence as real as Tinker Bell's light? Actually, making all of that happen isn't a whole lot more difficult.

Teach your children they can show they believe in Jesus by making their own little light shine. Help them to find different ways of making other people's lives brighter. Let them help you bake some favourite cookies for Grandma or cook a special surprise meal for Mom or Dad. Talk to them about how Jesus loved and took care of people. Help them to see the little light within them as Jesus' light.

If you want your child to believe in Jesus there are two things you can do. First, let him hear you talk about what Jesus means to you. Second, show her that you believe in Jesus by your actions. Let your child see the light burning brightly in your heart. Like the applause that convinced Tinker Bell that the audience believed she was real, your words and actions will prove to your child that Jesus is a reality in your life.

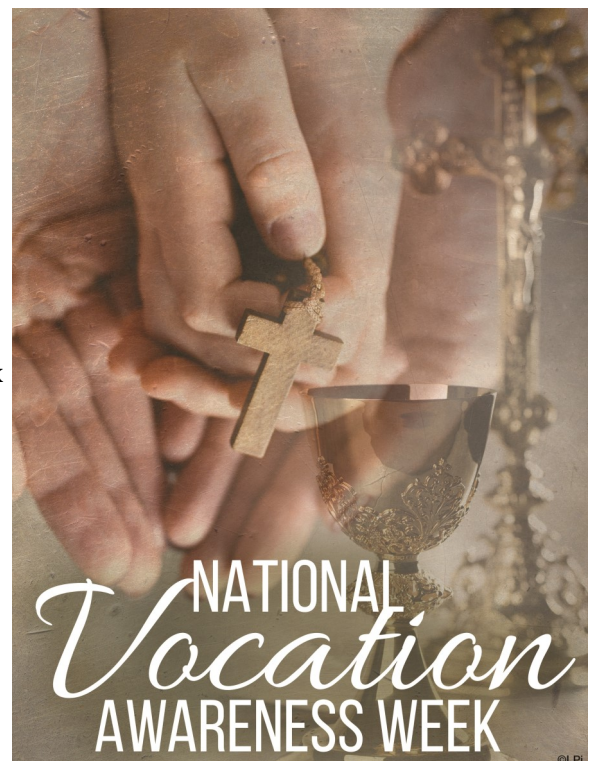
FAMILY RESPONSE:

If your children know the song, "This Little Light of Mine," sing it together. Ask them what they think the little light is. Tell them that their Jesus-light shines brighter with every good thing they do. Talk about what they did last week and what they can do in the week coming up to make that light shine.

PERSONAL RESPONSE:

Your little light shines whenever you take time to talk about God/Jesus or your faith with your child. How do you feel about the family time you are taking each week as you reflect on the Scriptures?

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WEEKLY SOCIAL JUSTICE CHALLENGES

One of Blessed Pope Paul the VI's most famous quotes is, "If you want peace, work for justice." This idea comes from years of Catholic social teaching responding to the world and the issues at hand in any given age. This statement can be clearly understood today. Just take a look at the countries in crisis. At the heart of the refugee crisis is a lack of justice from a government that has amassed wealth while the people go hungry or without opportunities for education and participation in decisions that affect them. Followers of Jesus Christ must work to alleviate issues that attack the dignity of the human person – with works of charity and acts of justice. What exactly does that mean? When refugees are hungry and homeless, we must feed them and help them get the safe homes they deserve. Those would be acts of charity. Policy and political change are both ways to bring justice. Both are needed to make change happen. Your challenge is to choose an injustice you see in your community. Ask questions about the issue. What do I know about this injustice and what don't I know? Who is affected by the issue? Who has the power to change the issue? Who seeks to gain if the issue isn't resolved? Now... what are YOU going to do about the issue? Start today.



PASTORAL CARE FOR THE HOMEBOUND

Our clergy and pastoral care ministers bring the sacraments of Eucharist, reconciliation, and anointing of the sick to parishioners who are unable to participate because of illness or aging. For more information and to arrange receiving the sacraments, contact Parish Office.

CARE FOR CREATION TIPS

"Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day." –Exodus 16:4.

So much of our environmental crisis can be traced to people taking, using, and wasting much more than they need each day, month, or year, not trusting that God will provide what we need the following day, month, or year. This week, examine how you consume and store up more food, clothing, technology, or plastic items than you ever need. Choose at least one such item to cut back on so that you only buy or consume what you need each day.

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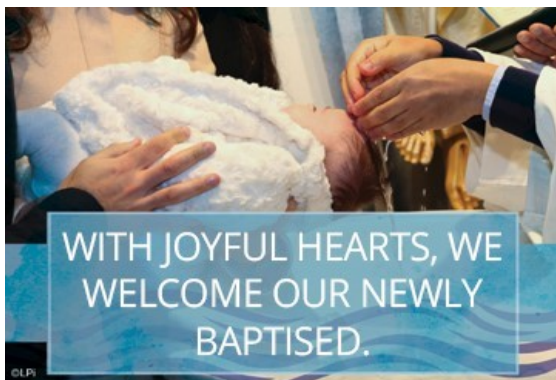
SICK CALLS

AND OTHER URGENT MATTERS

If you need a priest urgently, please call the appropriate number:

BUSINESS HOURS:
PARISH OFFICE—9949 4455

AFTER HOURS:
(Evenings & Weekends)
0490 898 464



PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Margaret Koorey/Moses, Greg Hyde, Yvonne Taylor

RECENTLY DECEASED:

Paul Seddon

ANNIVERSARIES:

Cathy Ewing, Patrick Andrews, Vittorio Russo

Our community would love to pray for you.
If you have an intention you would like to be included in this bulletin please e-mail office@nhcatholic.org.au

NEXT BAPTISM PREPARATION COURSE
SUNDAY 6 OCTOBER



This year's National Aboriginal and Torres Strait Islander Children's Day theme is, 'Strong in Culture, Stronger Together'. This year we stand with our children, proud of their culture, stories, kin and community – all that makes our children special, resilient and the bright leaders for our future.

Our vision is for our children to thrive, be strong in culture and connected to kin and community – our children should be proud to come from the oldest living culture in the world. #StronginCulture #StrongerTogether

SACRAMENTAL PROGRAM 2024/2025

LAST CHANCE TO REGISTER FOR THE SACRAMENT OF CONFIRMATION!

Sign up below!

SCAN ME!

CATHOLIC COMMUNITY OF NORTH HARBOUR

CHILDREN'S LITURGY OF THE WORD

ST KIERAN'S, TERM 3	ST CECILIA'S, TERM 3
18 AUGUST, 9:30AM 25 AUGUST, 5PM 22 SEPTEMBER, 5PM	15 SEPTEMBER, 9AM 4 OCTOBER, 9AM

PARISH BULLETIN ANNOUNCEMENTS

If you have anything you would like to advertise or share in the Parish Bulletin, please send it to Sophie at comms@nhcatholic.org.au by **Tuesday** so that we can ensure it features the following weekend. **Thank you!**

SOLEMNITY OF *St Mary Mackillop*

8 AUGUST
8:30AM MASS AT ST KIERAN'S

ASSUMPTION OF THE Blessed Virgin Mary

15 AUGUST | HOLY DAY OF OBLIGATION

MASS TIMES:
8:30AM - ST KIERAN'S
9:15AM - ST CECILIA'S (SCHOOL MASS)
10:00AM - ST KIERAN'S (SCHOOL MASS)
7:30PM - ST KIERAN'S

We Need You!

Help us cook our Bunnings BBQ on **Father's Day, 1 September** at Balgowlah, from **9AM-4PM**. All proceeds will go to LocalKind, who supports those in need throughout the Northern Beaches area. Sign up for **one hour** to support this great cause! We know Father's Day is a celebration day, but it is also a great opportunity to demonstrate faith to your children.

TO SIGN UP, EMAIL URSULA: FAMILIES@NHCATHOLIC.ORG.AU



CatholicCare
Diocese of Broken Bay

COMBATING HOMELESSNESS TOGETHER

Please donate to CatholicCare's homelessness services across the Diocese

Thank you

Donor envelopes available during Mass Saturday and Sunday 10 & 11 August



THINKING OF BECOMING A CATHOLIC?

Wine and Cheese INFO NIGHT

COME AND LEARN ABOUT THE FAITH AND THE OCIA PROGRAM!

THURSDAY, 22 AUGUST
7PM IN THE PARISH CENTRE

RSVP TO URSULA: families@nhcatholic.org.au
OR 0450 101 767



YOUNG ADULT BBQ lunch at Manly Dam

Wanna have a good time with your age mates - join us for BBQ and games time on the 10 August from 11.30am to 2pm or longer. Contact Fr Marek Woldan for more details: marek.woldan@bbcatholic.com

Youth MASS

Sun 11 August, 5pm
St Kieran's Catholic Church
2 King St., Manly Vale 2093 NSW

All welcome!

followed by a sausage sizzle & light refreshments

SAVE the DATE

40TH ANNIVERSARY OF ORDINATION TO THE PRIESTHOOD OF

Fr Tony Banks OSA

SUNDAY, 11 AUGUST
9:30AM MASS AT ST KIERAN'S

FOLLOWED BY BIG MORNING TEA IN THE PARISH CENTRE

PLEASE BRING A PLATE!

Wills Seminar

- PRESENTED BY EXPERT LEGAL ADVISOR, CECILIA CASTLE
- LEARN ABOUT WILLS, ENDURING GUARDIANSHIP, AND POWER OF ATTORNEY
- COMPLIMENTARY WILL FOR ATTENDEES (CONDITIONS APPLY)
- MORNING TEA PROVIDED

TUESDAY, 20 AUGUST
10:30AM - 12:30PM

THE EPPING CLUB
45 Rawson St, Epping

SCAN ME

FREE RSVP BY 13 AUGUST

ST KIERAN'S SCHOOL NEWS

GRANDPARENTS' DAY

A BIG Thank you to all the amazing Grandparents who joined us for a heartwarming liturgy and a delightful morning tea to celebrate Grandparents Day on Friday 26th July - the feast day of Sts Joachim and Anne, Grandparents of Jesus!! Your presence truly made the day special, and we loved seeing the joy and love shared between generations.



NAIDOC WEEK

Last week, our first week back in Term 3, the school continued NAIDOC week celebrations with a Community Picnic lunch and games afternoon. The Year 5 students did an outstanding job learning about and organising indigenous games for all the students to play and were excellent leaders and coaches!

100 DAYS OF SCHOOL

Hip hip hooray – Kindergarten celebrated their 100th day at school. Kindy had lots of fun dressing up, singing songs, counting, dancing and lots more on their very special day!



Sharing the Gospel

Jesus said, "God wants you to have faith in the one he sent." The one he sent was Jesus. If you believe in Jesus Christ you will love God above all else and love your neighbour as yourself. Full of love, you can do the works of God. You feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit those in prison, visit the sick, and bury the dead.

Prayer

Holy Spirit, give me food to share with the hungry.

Mission

I will make a get well card for a sick person in my family.

©LPi



COLOR

Read the Gospel of the week and color the image.



Promoting a safer *Church*

The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the LIFE of the Church.



SAFEGUARDING
is everyone's responsibility



*Lord, I have done much wrong. I cannot hope for a speedy rest for myself.
 May my torments be enough till Your coming. Let me ne tortured now.
 Then, when You come, spare me.*
 Sermon 327, 2
 - St. Augustine of Hippo

NEXT WEEKEND (11 AUGUST): 19TH SUNDAY IN ORDINARY TIME, YEAR B

<p>1ST READING 1 Kings 19:4-8 <i>Elijah is strengthened to walk forty days and nights to Mt Horeb.</i></p> <p>RESPONSORIAL PSALM Ps 33:2-9. R. v.9 <i>Taste and see the goodness of the Lord.</i></p> <p>2ND READING Ephesians 4:30 – 5:2 <i>Imitate Christ.</i></p> <p>GOSPEL ACCLAMATION John 6:51 <i>Alleluia, alleluia! I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever. Alleluia!</i></p> <p>GOSPEL John 6:24-35 <i>Jesus is the living bread.</i></p>	<p>10 AUG, 5.30PM ST KIERAN'S</p> <p><i>Senior Server</i> Louise</p> <p><i>Readers</i> Bob John H</p> <p><i>Music</i> Audio</p> <p><i>Communion Min</i> Volunteer needed</p> <p><i>Powerpoint</i> Volunteer needed</p> <p><i>Welcomers</i> Volunteers needed</p>	<p>11 AUG, 7.30AM ST KIERAN'S</p> <p><i>Senior Server</i> Joseph</p> <p><i>Readers</i> Judith Jenny</p> <p><i>Music</i> None</p> <p><i>Communion Min</i> Volunteer needed</p> <p><i>Powerpoint</i> Volunteer needed</p> <p><i>Welcomers</i> Volunteers needed</p>	<p>11 AUG, 9AM ST CECILIA'S</p> <p><i>Senior Server</i> Ilde</p> <p><i>Readers</i> Ana Stephanie</p> <p><i>Music</i> None</p> <p><i>Communion Min</i> Volunteer needed</p> <p><i>Powerpoint</i> Volunteer needed</p> <p><i>Welcomers</i> Maria</p>	<p>11 AUG, 9.30AM ST KIERAN'S</p> <p><i>Senior Server</i> Catherine</p> <p><i>Readers</i> Terry Brian C</p> <p><i>Music</i> Filipino Choir</p> <p><i>Communion Min</i> Volunteer needed</p> <p><i>Powerpoint</i> Volunteer needed</p> <p><i>Welcomers</i> Volunteers needed</p>	<p>11 AUG, 5PM ST KIERAN'S</p> <p><i>Senior Server</i> Claire-Louisee</p> <p><i>Readers</i> Youth</p> <p><i>Music</i> Vicky & Youth</p> <p><i>Communion Min</i> Volunteer needed</p> <p><i>Powerpoint</i> Volunteer needed</p> <p><i>Welcomers</i> Volunteers needed</p>
	<h3>OBSERVANCES FOR THE WEEK OF 4 AUGUST</h3>				
	<p>Mon 5 Aug: Monday of the 18th Week in Ordinary Time, Year II</p>				
	<p>Tue 6 Aug: Feast of the Transfiguration of the Lord</p>				
	<p>Wed 7 Aug: Wednesday of the 18th Week in Ordinary Time, Year II</p>				
	<p>Thu 8 Aug: Solemnity of St Mary of the Cross MacKillop</p>				
<p>Fri 9 Aug: Friday of the 18th Week in Ordinary Time, Year II</p>					
<p>Sat 10 Aug: St Lawrence, deacon and martyr</p>					

The Catholic Community of North Harbour



Under the Pastoral Care of the Augustinians

Catholic Diocese of Broken Bay www.bbcatholic.org.au

Parish Office 2 King Street, MANLY VALE 2093 NSW AUSTRALIA
 P 02 9949 4455 E office@nhcatholic.org.au W www.bbcatholic.org.au/northharbour

Office Hours 9.00am to 4pm (Tuesday to Friday)

Churches
Church of St Cecilia Wanganella St and White St, Balgowlah 2093 NSW
Church of St Kieran 2 King St, Manly Vale 2093 NSW

Parish Staff
Parish Priest: Fr Michael Belonio, OSA E pp@nhcatholic.org.au
Asst Priest: Fr Jumbim Torres, OSA E jtorres@nhcatholic.org.au
Asst Priest: Fr John Zhang E jzhang@nhcatholic.org.au
Deacon: Deacon Van Tu Nguyen, OSA E tnguyen@nhcatholic.org.au
Parish Manager: Jacky Worthington E manager@nhcatholic.org.au (Mon, Wed, Thu)
Parish Secretary: Jane Filacuridi E office@nhcatholic.org.au (Tue, Wed)
Parish Secretary: Anne Ross E office@nhcatholic.org.au (Thu, Fri)
Catechists, Family & Sacramental Ministries: Ursula Halloway M 0450 101 767 E families@nhcatholic.org.au
Media & Communications: Sophie Boffa E comms@nhcatholic.org.au
Music Ministry: Marianne Kaw-Deveza E music@nhcatholic.org.au
Youth & Children's Choir: Victoria Merillo E choir@nhcatholic.org.au

Resident Priests
 Fr Minh-Tan Hoang, OSA E minhtanhoang@yahoo.com.au
 Fr Peter Jones, OSA E peter.jones@osa.org.au (Prior Provincial)
 Fr Paul Maloney, OSA E paulmal@bigpond.com (Retired)
 Fr Abel van der Veer, OSA E vabelvanderveer@gmail.com (Retired)
 Fr Senan Ward, OSA E senanward@bigpond.com (Chaplain, St. Augustine's College, Brookvale)

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B.Bus, J.P



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BALGOWLAH



Principal: Ms Louise O'Brien

59 Seaview St, Balgowlah
02 7256 2136

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www.scbdbb.catholic.edu.au

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Principal: Ms Anna Marsella

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North Harbour PARISH

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You can now donate for North Harbour Parish Clergy and Parish Funds AND to support Pastoral Works Broken Bay (PWBB) Appeals, using the Parish Giving Broken Bay App. Thank you for your generosity.

To support our Parish and our Diocese, please scan the QR code, download the Parish Giving Broken Bay App, sign in and become a regular donor. Alternatively, visit: brokenbay.goodgiving.com.au/home/brokenbay