

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



**18
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



20TH SUNDAY IN ORDINARY TIME

"Whoever eats my flesh and drinks my blood remains in me and I in him." - Jn 6:56

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

1ST READING

Proverbs 9:1-6

Wisdom teaches understanding.

RESPONSORIAL PSALM

Ps 33:2-3. 10-15. R. v.9

Taste and see the goodness of the Lord.

2ND READING

Ephesians 5:15-20

Sing praise to God, avoid that which is evil.

GOSPEL ACCLAMATION

John 5:56

Alleluia, alleluia!

All who eat my flesh and drink my blood live in me and I in them, says the Lord.

Alleluia!

GOSPEL

John 6:51-58

Whoever eats and drinks of the body and blood of Christ has eternal 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.

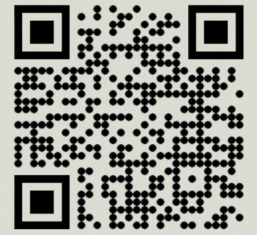
In the spirit of reconciliation the Catholic Community of North Harbour acknowledges the Traditional Custodians of these lands on which we gather. We recognise their continuing connection to the lands and waterways and pay our respect to their elders past and present and extend that respect to all First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

Scan me!



GET IN TOUCH

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

WHY DO WE DO THAT? Catholic Life Explained

Question:

I've heard that gratitude is a fruit of the Holy Spirit. What does that mean?

Answer:

In St. Paul's letter to the Galatians, he talks about the "fruits of the Holy Spirit." He is referencing an idea that Jesus talks about frequently in the Gospels. "By their fruits you will know them" (Matthew 7:16). He uses the example of a plant. If the plant is healthy, it will bear good fruit. If the plant is unhealthy, it will bear rotten fruit or none at all. Jesus echoes this idea at the Last Supper, when he says that if we remain close to him we will "bear much fruit" (John 15:8). If we allow the Holy Spirit to work in our lives, we will bear the fruits of the Spirit!

Technically, gratitude is not one of the fruits St. Paul lists. "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control" (Galatians 5:22-23). But doesn't that sound like the response of a grateful heart? When we're grateful, we experience a sense of joy and peace that makes it easier to love. We can be kind, patient, generous, and gentle with others rather than possessive or competitive. When we're grateful, we don't need to grasp at what we don't have. We practice self-control. Gratitude helps us to be faithful, knowing God will always be with us. Sounds like good fruit to me!

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BRINGING HOME THE GOSPEL

Jesus makes it very clear that his followers are to love everyone indiscriminately. We are to love not only the poor and downtrodden, but also the murderers and the molesters. Impossible as it seems, God never stops loving any of these people, and we are asked to do the same. No wonder Jesus invites us to remain in him as he remains in us. It is the only way to love those who it would seem otherwise impossible to love.

Understand that love in this case does not mean to forget with whom we are dealing or what they have done. It means seeing beyond the exterior and/or their sins. It means seeing even the worst criminals as redeemable because Jesus who came to save us also came to save them. It means remembering that no matter what anyone or we do God does not stop loving us.

The love Jesus is talking about is much more than the romantic feeling we associate with being in love. Jesus' love is more of a strong bond that links us to each other and to every other person God created, whether sinner or saint. We don't have to like everyone, but we do have to respect them because they are our brothers and sisters. Like us, they are God's children.

It seems beyond human nature to love those who are so totally unlovable, like a murderer or molester, and frankly it is—beyond our own fallen human nature at least. That is why we have to live in Jesus' love. The love Jesus offers us, supernatural love, is a love above and beyond natural love. It is available to us when we accept Jesus' invitation to remain in him as he remains in us. It is only through, with and in Jesus' love that all things are possible.

FAMILY RESPONSE:

Ask everyone to talk about the people in their lives who they are having trouble loving. Then say a prayer together asking Jesus to give you his love and strength so that you can love that person as he does.

PERSONAL RESPONSE:

Who is the person in your life that you need help loving or even liking? Are you ready to give up your dislike enough to turn it over to God and ask for help?



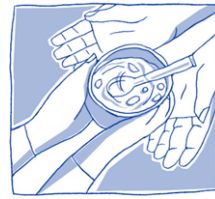
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WEEKLY SOCIAL JUSTICE CHALLENGES

There is a lot of talk this week in the readings about how riches keep us from the kingdom of heaven. The rich young man was a good person and yet was asked to give up his riches. He was so challenged that he apparently walked away from the life Jesus was offering. Often people take this Scripture to mean that money is not good. However, Jesus never said that money is bad... it is just our attachment to it and all it can do for us makes it hard to give it up for anything... even eternal life. Your challenge this week is to take a personal assessment. Go through each room in your house (garage too), and make a list of what you have. Cross out things you really don't need and make plans to give them away. Then go over the list again and see if there are things you can live without. Make plans to give those away too. Encourage the whole family to participate. It is a great way to become less attached to possessions and to remember where they all come from in the first place.



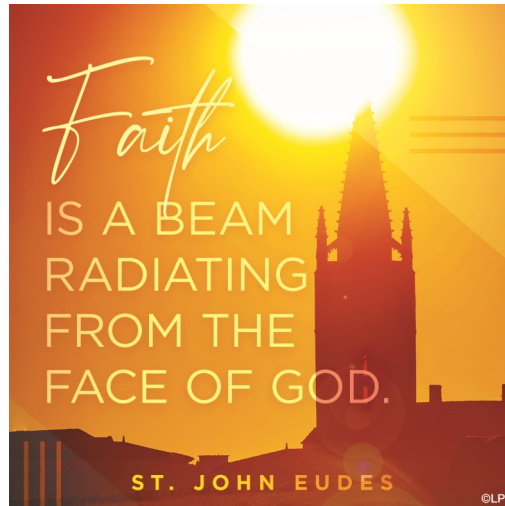
PASTORAL CARE FOR THE HOMEBOUND

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

"Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil." -Ephesians 5:15-16.

There are so many factors at work sending the state of creation in the wrong direction (corporate greed, rampant consumerism, corrupt politicians) but that doesn't mean we should go along with them. St. Paul urges Jesus' followers to swim against the tide and live wisely, cherishing the time we have been given. What can you do this week to swim against the tide of evil or apathy, choosing to respect and care for the limits of creation?



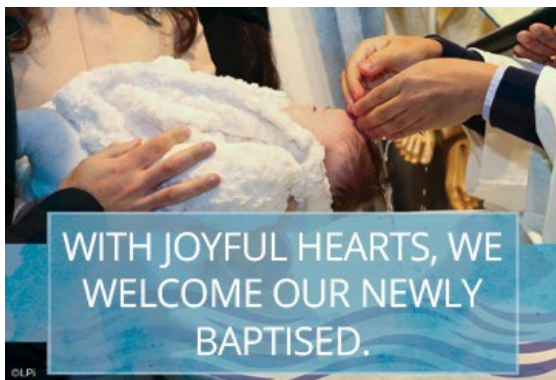
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SICK CALLS AND OTHER URGENT MATTERS

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:

Cecilia Yeung, Pat Cooper, Geoff Richardson
Michael Halloway, Greg Hyde, Yvonne Taylor

RECENTLY DECEASED:

Peter Chang, Francis Hegarty John Pitcher

ANNIVERSARIES:

Giuseppe & Nick Curulli,
Kevin Kelly, Bruce Richardson

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 2024



THINKING OF BECOMING A CATHOLIC?

Wine and Cheese
INFO NIGHT

COME AND LEARN ABOUT THE FAITH AND THE RCIA PROGRAM!

THURSDAY, 22 AUGUST
7PM IN THE PARISH CENTRE

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



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!

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

HAPPENING THIS WEEK
in our Parish

Family Mass

25 August, 5:00PM at St Kieran's

Join families from our parish for Mass! During Mass, children will be invited to participate in Children's Liturgy of the Word. Super will follow the Mass.

FORMING THE NEXT GENERATION OF

Augustinians

PLEASE GIVE GENEROUSLY TO THE AUGUSTINIAN FORMATION APPEAL

Support the young men of the Australian Province in Augustinian formation houses in Sydney, Vietnam, Philippines, and Italy who are listening to and discerning God's call to religious life. This is only possible with your prayers, encouragement and financial support.

Donations over \$2 are tax deductible.

FOR MORE INFORMATION:

accounts@osa.org.au
+61 2 9938 0200
www.osa.org.au




Parish Social Justice Group

At our two social justice meetings, we've identified our key focus areas for the rest of the year:

Parish GIFT Program | Vinnies | LocalKIND | Supporting isolated parishioners

WE NEED YOU!

We urgently need **Eucharistic Ministers** or people willing to make a **weekly phone call** to an isolated person to provide support and companionship. For more information or to register your interest please email Elaine at mathstutor@iinet.net.au.

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

Wills Seminar

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

THE EPPING CLUB
45 Rawson St, Epping



SCAN ME

FREE RSVP BY 13 AUGUST



Thank YOU ❤️

Thank you to all the priests & parishioners of our North Harbour community who prayed for my safe arrival back to Australia and return to good health.

The power of your prayers and Masses were much appreciated and truly, the reason I am here enjoying life again.

Margaret Moses (Koorey)

PLEASE NOTE

There will be **no Mass at St Cecilia's on Wednesday, 28 August, Feast Day of St Augustine**. Mass will instead be celebrated that day at **St Kieran's at 8:30AM**.



Young People's Alpha is a safe space to ask life's big questions

THERE'S A SEAT FOR YOU AT THE TABLE

GATHERING FOR 18-35ISH EVERY SUNDAY FROM 8 SEPTEMBER 6PM IN THE PARISH CENTRE



SCAN ME

OFFICE@NHCATHOLIC.ORG.AU 9949 4455

CATHOLIC COMMUNITY OF NORTH HARBOUR ALPHA

PARISH BULLETIN ANNOUNCEMENTS

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

SYDNEY at Cathedral Precinct Waitara
Hosted in and supported by the Diocese of Broken Bay
Registration: igniteconference.com.au/

26 - 29 September 2024

IGNITE YOUTH IGNITE CONFERENCE 24

RISE UP!

A NATIONAL CATHOLIC CONFERENCE WITH SOMETHING EVERYONE

IN THE NAME OF JESUS CHRIST OF NAZARETH, RISE UP AND WALK. ACTS 3:6-7



\$4,893

RAISED TO SUPPORT AUGUSTINIANS IN FORMATION

AFA CHRISTMAS IN JULY

Thank You

CONGRATULATIONS

TO OUR RAFFLE AND LUCKY DOOR PRIZE WINNERS!

SPECIAL THANKS TO

KEVIN MASCARENHAS, MUSIC
CATHY MARTIN AND NORTH MANLY GOURMET FOOD
THE ORGANISING COMMITTEE, VOLUNTEERS AND DECORATORS
OUR INCREDIBLE DONORS

JOIN US

END-OF-YEAR CELEBRATION

SATURDAY, NOV 23
WAKEHURST GOLF CLUB




ST JOHN THE APOSTLE NARRAWEENA

50th Anniversary

SUNDAY, SEPTEMBER 8

11:00AM MASS FOLLOWED BY LIGHT LUNCH (PLEASE BRING A PLATE)



Ordination to The Priesthood

Deacon Joseph Martin Hien Vu



11:00am Saturday 24 August 2024

Our Lady of The Rosary Cathedral Waitara

Congratulations, Lea!

The Manly Vale Conference are pleased to announce our new president

Lea Joris

Please keep Lea in your prayers as she leads us to assist the vulnerable people in our area.

We would also like to thank our outgoing president, Catherine O'Donnell, for her committed leadership and dedication to the mission of the Society.

'A hand up not a hand out'



St Vincent de Paul Society *good works*

Cake Stall

SUNDAY, SEPTEMBER 8

ST CECILIA'S AFTER 9AM FAMILY MASS

ALL PROCEEDS GO TO THE PARISH GIFT PROGRAM



ST CECILIA'S SCHOOL NEWS

TODD WOODBRIDGE CUP

Stage 2 students had a great day at Manly Lawn Tennis Centre recently, playing tennis against other local schools for the Todd Woodbridge Cup. Four teams were entered this year, made up of four girls and four boys from Years 3 and 4. Our Year 4 team won and will go on to play at Blacktown Tennis Centre in October. This was the third year in a row that one of our teams finished in first place, and we also had teams place 3rd and 4th. Go Team!



ST MARY MACKILLOP

With the feast day of St Mary of the Cross MacKillop celebrated on Thursday, 8 August, the St Cecilia's community is encouraged to walk in St Mary's footsteps and stand up to injustice. On the day, students and staff participated in a Gold Coin donation Mufti Day to support the Catholic Schools Broken Bay (CSBB) Mary Mac Day, an initiative of Bishop Anthony in support of Catholic Care's Homelessness Appeal. We are pleased to say that we raised over \$215.00 to contribute to the CSBB donation.

#PARIS2024 OLYMPICS

On Friday 9th August, we held a Closing Ceremony 'Parade of Nations'. Each class was allocated a Country, students had to choose their Flag Bearer team and made colourful flags or headbands to wear and wave in the colours of their country. Parents were invited, and Australia certainly received the most cheers!

ST CECILIA'S BALGOWLAH
59 Seaview St,
Balgowlah NSW, 2093
Phone: 02 7256 2136
scb@dbb.catholic.edu.au



Sharing the Gospel

During Mass the priest changes the bread and wine into the body and blood of Jesus Christ. He uses the same words that Jesus did at the Last Supper. "This is my body. This is my blood." When you receive the holy Eucharist, Jesus lives inside you. You live in Jesus. His being with you will help you say, "No," to evil and "Yes," to good.

Prayer

Lord, bless all that I eat and drink so that I may follow you forever.

Mission

I will clean my room without complaining.

©LPi



COLOR

Read the Gospel of the week and color the image.





*Lord, with Your help we have done what You commanded.
Reward us, now, as You promised.
Sermon 31, 6
- St. Augustine of Hippo*

NEXT WEEKEND (25 AUGUST): 21ST SUNDAY IN ORDINARY TIME, YEAR B

1ST READING

Joshua 24:1-2. 15-18
The tribes of Israel choose the Lord above all other gods.

RESPONSORIAL PSALM

Ps 33:2-3. 16-23. R. v.9
Taste and see the goodness of the Lord.

2ND READING

Ephesians 5:21-32
Family members in Christ must defer to one another.

GOSPEL ACCLAMATION

See John 6:63. 68
Alleluia, alleluia!
Your words, Lord, are spirit and life: you have the words of everlasting life. Alleluia!

GOSPEL

John 6:60-69
Many disciples desert Jesus.

24 AUG, 5.30PM ST KIERAN'S	25 AUG, 7.30AM ST KIERAN'S	25 AUG, 9AM ST CECILIA'S	25 AUG, 9.30AM ST KIERAN'S	25 AUG, 5PM ST KIERAN'S
Senior Server Louise	Senior Server Anna	Senior Server Louise	Senior Server Michael	Senior Server Paul
Readers Ronda Val	Readers Lea Tim	Readers Ronda Maria	Readers Kaye Anne	Readers Leanna Caroline Christine
Music Audio	Music None	Music Love Thy Neighbour	Music Audio	Music Emmanuel
Communion Min Volunteer needed	Communion Min Volunteer needed	Communion Min Volunteer needed	Communion Min Volunteer needed	Communion Min Volunteer needed
Powerpoint Volunteer needed	Powerpoint Volunteer needed	Powerpoint Volunteer needed	Powerpoint Volunteer needed	Powerpoint Volunteer needed
Welcomers Volunteers needed	Welcomers Volunteers needed	Welcomers Volunteers needed	Welcomers Volunteers needed	Welcomers Volunteers needed

OBSERVANCES FOR THE WEEK OF 18 AUGUST

- Mon 19 Aug:** St Ezekiel Moreno (*Augustinian*)
Tue 20 Aug: St Bernard, abbot, Doctor of the Church
Wed 21 Aug: St Pius X, pope
Thu 22 Aug: The Queenship of the Blessed Virgin Mary
Fri 23 Aug: Friday of the 20th Week in Ordinary Time, Year II
Sat 24 Aug: St Bartholomew, apostle

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 jtorges@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



 St Cecilia's Catholic Primary School
BALGOWLAH



Principal: Ms Louise O'Brien

59 Seaview St, Balgowlah
02 7256 2136

scb@dbb.catholic.edu.au
www.scbdbb.catholic.edu.au

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For St Paul's Catholic College, Manly

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 St Kieran's Catholic Primary School



Principal: Ms Anna Marsella

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www.skmvdbb.catholic.edu.au

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Catholic Feeder School
For St Paul's Catholic College, Manly

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Our parish is grateful for your continued support. Thank you!



North Harbour PARISH

Donate Here



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