

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



9
MAR
2025
YEAR C

Under the Pastoral Care of the Augustinians

Catholic Diocese of Broken Bay

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



1ST SUNDAY OF LENT

"Him alone shall you serve."
- Lk 4:8

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

1ST READING

Deuteronomy 26:4-10

Moses tells the Israelites of God's care for them.

RESPONSORIAL PSALM

Ps 90:1-2. 10-15. R. v.15

Be with me, Lord, when I am in trouble.

2ND READING

Romans 10:8-13

All who call upon the Lord will be saved.

GOSPEL ACCLAMATION

Matthew 4:4

*Praise to you, Lord Jesus Christ,
king of endless glory!*

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

*Praise to you, Lord Jesus Christ,
king of endless glory!*

GOSPEL

Luke 4:1-13

Jesus is tempted in the desert.

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.



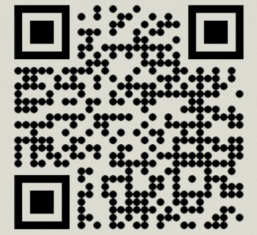
WELCOME TO NORTH HARBOUR

- 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:

After attending our parish retreat and feeling much better and stronger about my faith, I want to make this Lent worthwhile. What can I do to keep the spirit and practice of Lent?

Answer:

You've already taken the first step by going on the parish retreat. It is important for us to "tune up" our faith, taking some time to renew ourselves through prayer, meditation and education. By deepening our knowledge and understanding of faith, we are often better attuned to its richness and meaning for our life.

Lent is an intense retreat, a forty-day period of reflection and penance that prepares us to celebrate the passion, death and resurrection of Christ. Our communication with God and our awareness of him is the purpose of prayer. Setting aside extra time each day helps intensify the season. Prayer includes daily Mass, Stations of the Cross, communal penance services and private confession. Making restitution for sin as well as disciplining our hearts and minds to focus on God is the purpose of penance. It helps us restore a sense of balance to our souls, thrown off kilter by sin. Penance includes personal sacrifice, self-denial, fasting, almsgiving and charitable works.

Finally, spiritual practices help us sharpen our understanding and insight into the meaning and understanding of our faith. When you take your faith seriously, you do what is necessary to follow Jesus more closely, to integrate your life and your faith more carefully. ©LPi

BRINGING HOME THE GOSPEL

Most folks will tell you it takes practice to say no to temptation. Consider Adam and Eve when they lived in paradise. They never had to practice saying no because they had everything they wanted. The first time they were tempted, they failed the test.

In this reading, we find Jesus in the desert tempted three times by the devil. He was physically weak, hungry and thirsty, and still he did not give in to temptation. He said no, not out of some superhuman power but from good old-fashioned willpower. Since Jesus is fully human, we can presume this was not his first encounter with temptation. Jesus had spent a lifetime building up his willpower by saying no to the easy way out, no to having fun at the expense of others, no to putting his needs or wants first.

How can we practice saying no to temptation? One way is by flexing the muscle of self-denial. Self-denial, or what we used to call, "giving stuff up," has been a part of Christian discipleship since Jesus walked with the first apostles: "...[G]o, sell your possessions, and give the money to the poor..." (Matthew 19:21).

Lent may be the traditional time to practice self-denial, but it doesn't have to be the only time. You can practice saying no to your sweet tooth or the urge to buy one more thing on eBay. You can choose to drink water as your only beverage for a few days. You can even skip a couple of meals one day to experience what it feels like to go to bed hungry.

By practicing self-denial once in a while, we learn self-discipline, an important virtue for Christians. Often learning how to say no to small temptations can be very helpful when we find ourselves facing larger ones.

FAMILY RESPONSE:

Decide as a household on something you can give up for the next week: candy, soda, potato chips. Have water at meals, or try fasting between lunch and dinner. Take the money you save and give it to the poor.

PERSONAL RESPONSE:

Giving up potato chips or chocolate can take a great amount of willpower. Giving up complaining about your boss, work or mother-in-law can take even more. Who or what is your favourite topic of complaint? Write it down, and then see if you can get through the next two weeks without mentioning it to anyone else.

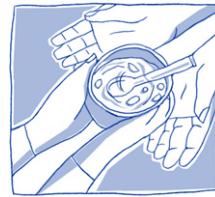


Copyright © 2022 Judith Dunlap. Published by the Pastoral Centre, All rights reserved.



WEEKLY SOCIAL JUSTICE CHALLENGES

This Sunday's Gospel describes Jesus' temptation in the desert. Jesus was tempted with three things: satisfying the flesh by breaking his fast and eating the bread; becoming instantly famous by performing a super-hero act; and seizing power by making a pact with the devil. Jesus rejected all three temptations. Your challenge this week is to examine your own life to determine the temptations which the devil is placing in front of you. What do you need to say no to? What are you tempted to do which would cause others' lives to be lessened if you indulged in it?

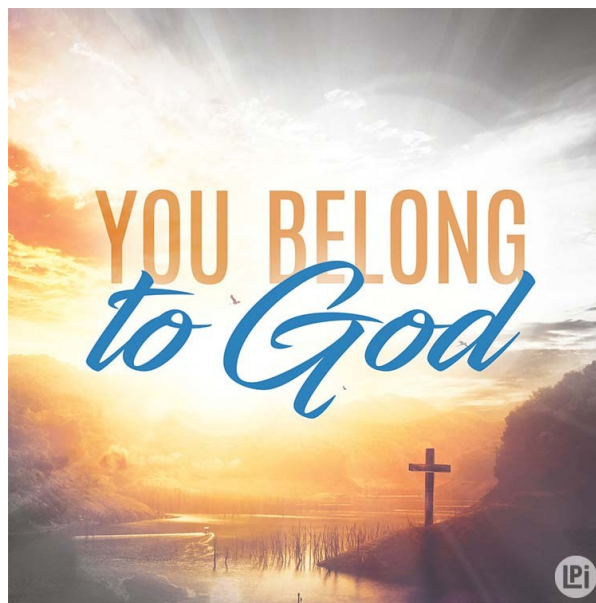


PASTORAL CARE FOR THE HOMEBOUND

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

If you are looking for something to fast from this Lent, why not set yourself the challenge of fasting from buying anything new (except groceries and essential toiletries)? For six weeks vow to buy things second-hand, borrow, barter, trade, or do without. You may just discover that some things you thought were essential are not essential after all. You could also discover new channels for second-hand resources such as Freecycle or "Buy Nothing New" groups in your area that are committed to reducing the waste stream.



©Center for Ministry Development. Published by the Pastoral Centre. All rights reserved.

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:

Pope Francis, Peter and Jan Van de Velde, Mark Hansen, Joyce Arnold, Cecilia Yeung, Erroll Abbott, Greg Hyde

RECENTLY DECEASED:

Frederick Kempson, Angelina Tati, Santo Severino, Kathy Davie, Allan Hill, Margaret Taylor, Fr Luciano Felloni

Memorials

Maria Monteleone

ANNIVERSARIES:

Patricia Jewell, Peter Coates

Phoebe de Bree
Daughter of Adam & Kate
Mirabelle Volpe
Daughter of Paul & Alissa
Lucas Knight
Son of Nick & Cassie

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



Unite to create lasting, sustainable change for vulnerable people around the world.

Caritas AUSTRALIA | **PROJECT COMPASSION**

Lent Reflection Evenings

EVERY MONDAY
DURING LENT
7:30PM IN
PARISH CENTRE

Leader: Fr John Zhang
All are welcome!



HAPPENING NEXT WEEKEND

in our Parish

St Kieran's School Mass
Sunday, 16 March, 5:00PM
St Kieran's Church

Join Kindy and Year One students and their families as they lead us in prayer and worship.

PARISH ROSARY PRAYER



JOYFUL MYSTERIES
Monday and Saturday

SORROWFUL MYSTERIES
Tuesday and Friday

GLORIOUS MYSTERIES
Wednesday and Sunday

LUMINOUS MYSTERIES
Thursday

You are invited to pray the Rosary with your family for the renewal of our parish.

Prayer booklets are available in our churches.


You can pray with others using this meditation after Mass on Mondays, Tuesdays and Thursdays.

DIVINE RENOVATION

STATIONS OF THE CROSS

FRIDAYS DURING LENT,
7:30PM, ST KIERAN'S

Join us for this time of prayer and reflection on the Passion and Death of Jesus.



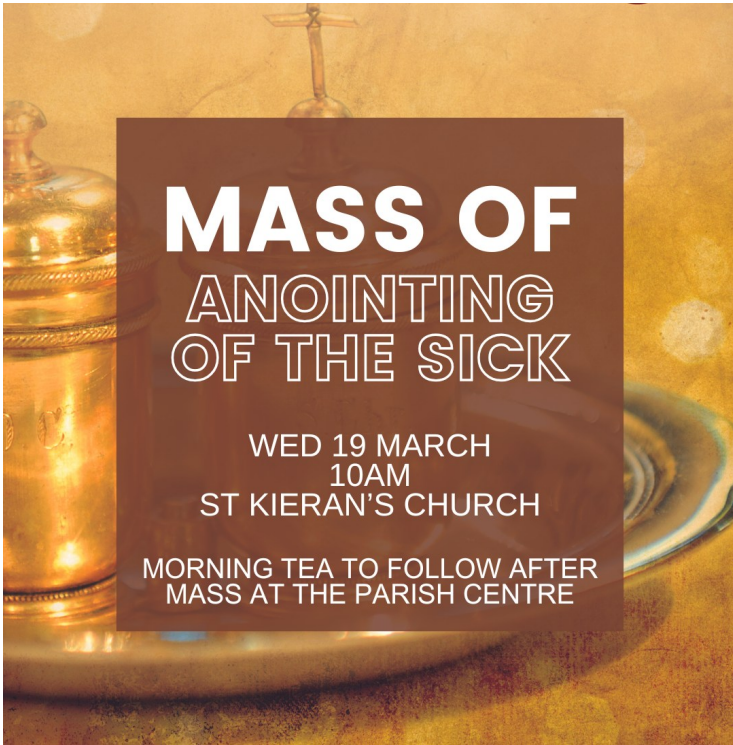
Youth MASS

Sun 9 March, 5pm
St Kieran's Catholic Church
2 King St., Manly Vale 2093 NSW

All welcome!

followed by a sausage sizzle & light refreshments





MASS OF ANOINTING OF THE SICK

WED 19 MARCH
10AM
ST KIERAN'S CHURCH

MORNING TEA TO FOLLOW AFTER MASS AT THE PARISH CENTRE



AVAILABLE NOW

PARISH ANNUAL REPORT

SCAN QR CODE TO READ
LIMITED PRINTED COPIES AVAILABLE




LITURGICAL FORMATION SERIES

Throughout the year, the Diocese will be holding a number of formation opportunities for those interested and engaged in Liturgical Ministries.

SATURDAY MARCH 15 **The Art of Celebrating Holy Week**
9:30AM-3PM
CAROLINE CHISHOLM CENTRE, PENNANT HILLS *Morning tea and lunch provided*

For more information, or to register:
email mission@bbcatholic.org.au



Most Rev Anthony Randazzo DD JCL
Bishop of Broken Bay
Joyfully invites you to the

Ordination to the Priesthood of Deacon Rosan Mathew

Solemnity of St Joseph, Spouse of the Blessed Virgin Mary
7:30pm, Wednesday, 19 March 2025
Our Lady of the Rosary Cathedral, 23 Yardley Ave, Waitara

Refreshments will follow
at The Light of Christ Centre at the end of Yardley Avenue

Please RSVP
events@bbcatholic.org.au

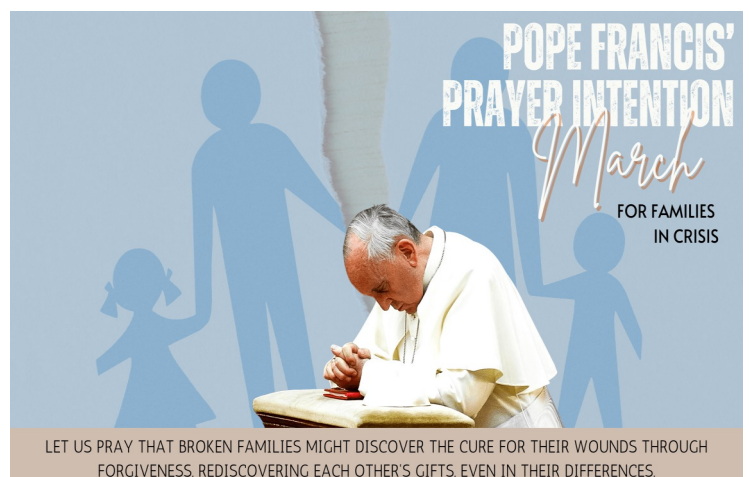



Cleaner Wanted!

MANLY VALE, 4 HOURS/WEEK

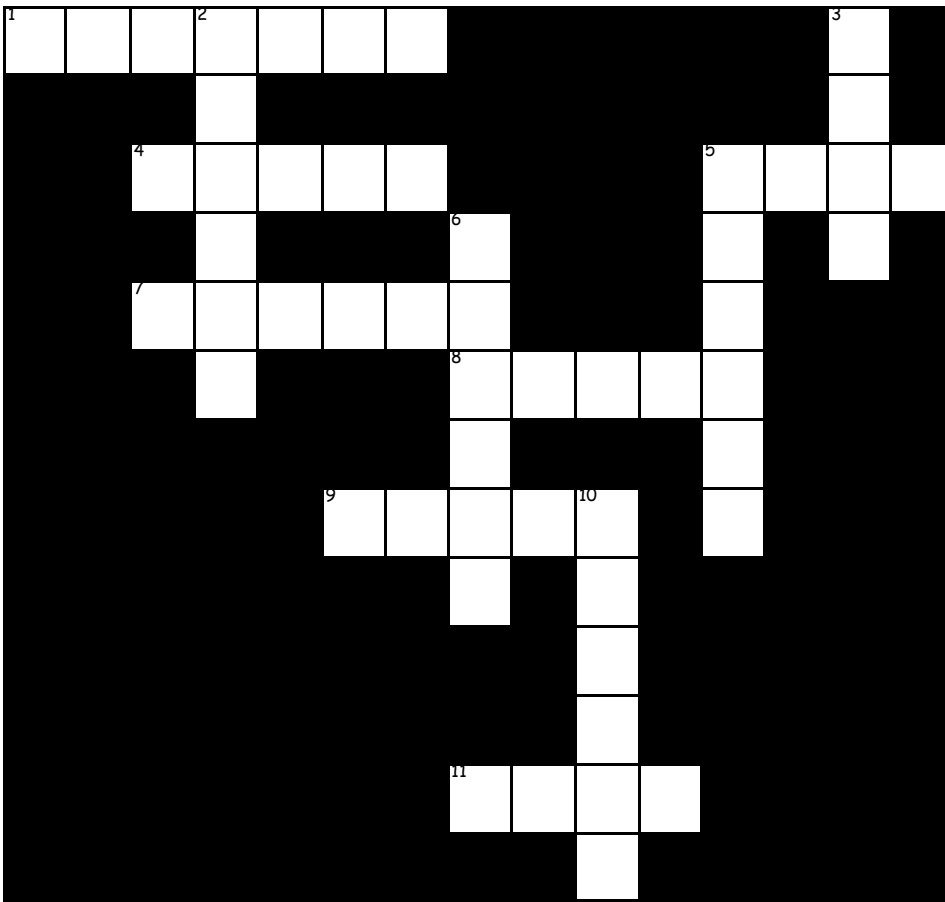
St Kieran's Priory is looking for an experienced cleaner. Duties include general household cleaning and some light laundry/housekeeping duties. This is a permanent position including superannuation & leave entitlements.

Enquiries/Applications: Contact Jacky
manager@nhcatholic.org.au or 9949 4455.



POPE FRANCIS' PRAYER INTENTION
March
FOR FAMILIES IN CRISIS

LET US PRAY THAT BROKEN FAMILIES MIGHT DISCOVER THE CURE FOR THEIR WOUNDS THROUGH FORGIVENESS, REDISCOVERING EACH OTHER'S GIFTS, EVEN IN THEIR DIFFERENCES.



CROSSWORD PUZZLE

The Holy Spirit led Jesus into the desert.

ACROSS

- 1: praise and give thanks to God
- 4: the number of days Jesus was in the desert
- 5: the limbs attached to your shoulders
- 7: a special place of worship
- 8: to perform an act of service
- 9: food made from grains
- 11: feel pain, injury

DOWN

- 2: rocks
- 3: leap
- 5: God's special messengers
- 6: Jesus was _____ by the devil
- 10: a barren, sandy environment

© 2004 Creative Ministry Resources Pty Ltd

Sharing the Gospel

One night your parents tell you to go to bed. You do not want to go to bed, so you cry and stomp. You shout, "I won't go to bed." Then you feel badly because you pitched a fit. This is a good time to pray. Ask God to help you. He will give you the power to say, "Mom and dad, I am sorry. I will jump in bed right now."

Prayer

God, help me say, "Yes," to my parents.

Mission

Every morning I will pray that my family and I say, "No" to evil.

©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, see Your work in me, not my own. For if You see my own work,
You condemn me; but if You see Yours, You crown me.*
Commentary on 137, 18
- St. Augustine of Hippo

NEXT WEEKEND (16 MARCH 2025): 2ND SUNDAY OF LENT, YEAR C

1ST READING

Genesis 15:5-12. 17-18
The Lord establishes a covenant with Abraham.

RESPONSORIAL PSALM

Ps 26:1. 7-9. 13-14. R. v.1
The Lord is my light and my salvation.

2ND READING

Philippians 3:17 – 4:1
Our citizenship is in heaven.

GOSPEL ACCLAMATION

Matthew 17:5
Glory and praise to you, Lord Jesus Christ!
From the shining cloud the Father's voice is heard: this is my beloved Son, hear him.
Glory and praise to you, Lord Jesus Christ!

GOSPEL

Luke 9:28-36
Jesus is transfigured before Peter, James and John.

15 MAR, 5.30PM
ST KIERAN'S

Senior Server
Louise

Readers
Val
John
Phillip

Music
Filipino Choir

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

16 MAR, 7.30AM
ST KIERAN'S

Senior Server
Michael

Readers
Andrew
Elsie

Music
None

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

16 MAR, 9AM
ST CECILIA'S

Senior Server
Ian

Readers
Phil
Sandra
Gai

Music
Conmen

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

16 MAR, 9.30AM
ST KIERAN'S

Senior Server
Adrian

Readers
Cathie
Dale

Music
Caroline Ng

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

16 MAR, 5PM
ST KIERAN'S

Senior Server
Edelvine

Readers
Families/
Youth

Music
Sam B

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

OBSERVANCES FOR THE WEEK OF 9 MARCH

Mon 10 Mar: Monday of the 1st Week of Lent, Year 1
Tue 11 Mar: Tuesday of the 1st Week of Lent, Year 1
Wed 12 Mar: Wednesday of the 1st Week of Lent, Year 1
Thu 13 Mar: Thursday of the 1st Week of Lent, Year 1
Fri 14 Mar: Friday of the 1st Week of Lent, Year 1
Sat 15 Mar: Saturday of the 1st Week of Lent, Year 1

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
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 Taylor E comms@nhcatholic.org.au
Music Ministry: Marianne Kaw-Deveza E music@nhcatholic.org.au

Resident Priests
Fr Minh-Tan Hoang, OSA E minhtanhoang@yahoo.com.au (Chaplain, St. Augustine's College, Brookvale)
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)



Please support the advertisers that support us. Thank you.

If you wish to advertise your business with us, please contact the Parish Manager at manager@nhcatholic.org.au

CREATIVE STARZ HOLIDAY PROGRAM



Musical
Ages 6-13
14-17 Apr (4Days)
9am - 3pm
St Kieran's Church
Manly Vale

(Free Extended Hours 8am-5.30pm)

creativestarz.com.au



WILSON
FAMILY
FUNERALS

CALL 02 9913 7131



Local Australian family
owned and operated
Available 24/7
Personally talk to Ann
Wilson and her team

Suite 3, 1440 Pittwater Road
North Narrabeen, Sydney
wilsonfamilyfunerals.net.au

HAMER & HAMER
Solicitors

Murray Hamer
Brian Hamer
Michelle Gibson

Let us advise you
through life's most
important moments

9949 4022

murray@hamerlaw.com.au

hamerlaw.com.au

LORIS FILACURIDI

Real Estate Agent



25 years looking after clients
in our parish.

For trustworthy advice
regarding your home or any
other real estate query,
please call me anytime.

0419 227 435

B.Bus, J.P

[sweetnams
real estate](http://sweetnamsreal estate.com.au)

St Cecilia's Catholic School
BALGOWLAH

St Cecilia's Catholic
Primary School



Principal: Ms Louise O'Brien



Now
Enrolling!

59 Seaview St, Balgowlah
02 7256 2136

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

CATHOLIC SCHOOLS BROKEN BAY
Co-educational Pathway
For St Paul's Catholic College, Manly

total
PHYSIOTHERAPY
MANLY VALE

PHYSIOTHERAPY
PLUS EVERYTHING
YOUR BODY NEEDS

Services:

- Sports and Musculoskeletal Physio
- Women's, Men's & Pelvic Health
- Equipment Pilates
- Paediatric Physio
- Hand Physio
- Exercise Physiology
- Remedial Massage
- Post-operative Rehabilitation

CONTACT US ON: 9907 0321

BOOK ONLINE: TOTALPHYSIOMV.COM



St Kieran's Catholic School
MANLY VALE

St Kieran's Catholic
Primary School



Principal: Ms Anna Marsella



Now
Enrolling!

63 Gordon St, Manly Vale
02 7256 2131

skmv@dbb.catholic.edu.au
www.skmvdbb.catholic.edu.au

CATHOLIC SCHOOLS BROKEN BAY
Co-educational pathway
For St Paul's Catholic College, Manly

PLEASE CONSIDER
ONLINE GIVING

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