



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



**21
JULY
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



16TH SUNDAY IN ORDINARY TIME

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd. - Mk 6:34

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

1ST READING

Jeremiah 23:1-6

The Lord will appoint new shepherds.

RESPONSORIAL PSALM

Ps 22. R. v.2

*The Lord is my shepherd;
there is nothing I shall want.*

2ND READING

Ephesians 2:13-18

Christ removes the barriers between peoples.

GOSPEL ACCLAMATION

John 10:27

Alleluia, alleluia!

*My sheep listen to my voice, says the Lord;
says the Lord;*

*I know them, and they follow me.
Alleluia!*

GOSPEL

Mark 6:30-34

*Jesus pities the crowd,
sheep without a shepherd.*

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

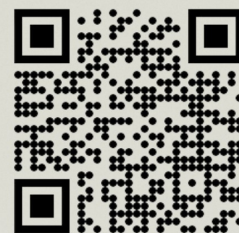


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Scan me!



WHY DO WE DO THAT? Catholic Life Explained

Question:

What can I do to help our family practice our faith each day?

Answer:

Some families practice their religion together as just another event on their schedule: go to church, observe Lent, help at the parish picnic, go to a meeting, volunteer time, make your confession, use your envelope. But the focus needs to be on who we are—God's people, in relationship with him, loved, forgiven, and redeemed, and called to live and proclaim the Gospel. Our awareness of God's presence and our sense of mission are supported by the daily rituals, celebrations, and traditions that help us stay focused. Sharing our faith strengthens us and clarifies the beliefs and values of Christian living.

Daily family practices include time for prayer—before meals, before bed, before important meetings and activities. Attend Sunday Mass together and discuss the homily afterward. Create family celebrations for holy days and holidays. Make religion a regular part of your discussions. Include others, especially the elderly and the less fortunate, in your activities and charitable efforts. By applying the virtues of faith, hope, and love to each day, faith becomes part of who your family is. It influences how you act towards others, what you value, and how mindful of God you are. Faith is the leaven of life that helps all of us rise to our calling and dignity as God's people.

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BRINGING HOME THE GOSPEL

I like this reading. Jesus delivers an important message for all moms and dads, especially those of us who are overcommitted, overresponsible and overstressed. If we are to respond in love to the people around us rather than react out of impatience, frustration or just plain exhaustion, we need to get away once in a while. Parents need to be alone and rest, even from each other.

Married couples need to give each other the gift of time, time alone to squander with a good book, a long walk or a respite in the garden. Consider giving each other a yearly weekend off to go on retreat to regroup and reenergize. Finally, make sure you spend some time together without the youngsters.

Sometimes we get so wrapped up in being mom or dad or wage earner that we forget we are part of a couple. Parents need to treat their relationship like precious silver—forgotten, it will tarnish, but if you spend just a little time caring for it, you have a treasure that the whole family will benefit from.

Get away once in a while. Go out for coffee. Take a walk, or have a Taco Bell-catered dinner when the kids are in bed. If you want your marriage to work, you have to take the time to work on it.

Time is precious. Like Jesus and the apostles, you know the crowds will eventually find you again.

FAMILY RESPONSE:

Discuss everyone's favourite way to quietly relax.

PERSONAL RESPONSE:

When was the last time you spent some quality time with God? What would you talk to God about?

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WEEKLY SOCIAL JUSTICE CHALLENGES

On July 26 we celebrate the feast day of Joachim and Anne, the parents of Mary. Anne is the patron saint of grandmothers, since she herself was Jesus' grandma. While many cultures around the world honour the elderly and give them the highest respect, in our own country we have witnessed the neglect and sometimes even the abuse of our elders. Your challenge this week is to be an advocate for the "wisdom people" in your life. How can you show respect for the older people in your own family, or on your block, or in a nursing home in your community? How can you support the needs of the elderly through legislation? Can you offer a smile, a greeting, and perhaps even a visit with an elder who is lonely and gets few visitors?



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

"I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called." –Ephesians 4:1.

God calls us to many things, including our vocations to love our neighbours and to care for creation. How can you implement practices of environmental sustainability in your career/job/workplace? Do people in your job setting recycle? Each job setting is distinct, but think of ways in which you can advocate to reduce waste, energy, and water consumption at work.



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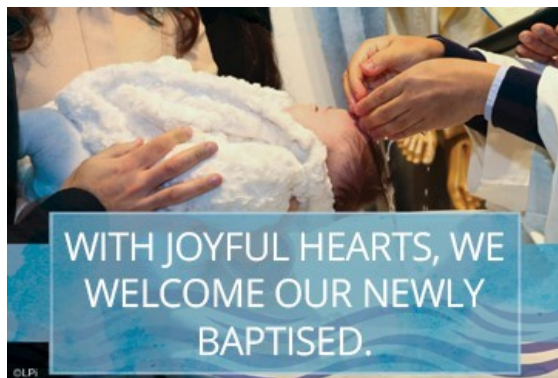
SICK CALLS

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



BAPTISM PREPARATION COURSE
1ST SUNDAY OF EVERY MONTH
(except September)

PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Margaret Koorey/Moses, Greg Hyde, Yvonne Taylor

RECENTLY DECEASED:

Rosetta Basile, Moira Geraghty, Ron Stenner,
Christine Cairns, Helena Broadhead

ANNIVERSARIES:

Raymond Laurendet, Sue Caulfield,
Rheymon David, Andre Catteau

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

HELP THE POPE HELP OTHERS

The Peter's Pence collection next weekend supports the charitable works and mission of Pope Francis.

Donation envelopes will be available in our churches. Please give as generously as you can.



28 JULY 2024

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

*Please join us for a special blessing
at our Masses next weekend.*



SACRAMENTAL PROGRAM
2024/2025

REGISTRATIONS OPEN NOW!

Our preparation for the
Sacrament of Confirmation
begins in July.
Sign up below!

SCAN ME



ARE YOU AN EXTRAORDINARY MINISTER OF HOLY COMMUNION?

We kindly request all ministers please share
their contact details with us using the QR code.
If you would like to join this rewarding ministry,
please sign up and we will contact you with
more information.

Parish Family Masses

SUNDAY, 28 JULY
9AM, ST CECILIA'S CHURCH

SUNDAY, 28 JULY
5PM, ST KIERAN'S CHURCH

ALL WELCOME!

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



PASTORAL DISCERNMENT NORTHERN BEACHES

Conversation Forum

SATURDAY, JULY 27
12:30PM - 3:30PM

GATHER TO DISCUSS EMERGING THEMES AND TO CONTINUE THE CONVERSATION

OUR LADY OF GOOD COUNSEL
SCHOOL HALL
11 CURRIE RD, FORESTVILLE

REFRESHMENTS SERVED FROM
12:00PM



Scan me to
RSVP!

SYDNEY

26 - 29 September 2024

at Cathedral Precinct Waitara
Hosted in and supported by the
Diocese of Broken Bay

Registration: igniteconference.com.au/



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

Broken Bay is again delighted to host the Ignite Sydney Conference, a gathering of Catholics for four days of formation, renewal of faith, and powerful worship. It is a conference for all children, high school students, and young adults, and deeper sessions for adults, specifically parishioners, priests, religious, ministry leaders, parents, and grandparents. There is something for everyone at the Ignite Conference.

Mission Broken Bay is pleased to *offer a 50% subsidy for parishioners* to attend.

Please contact Mission@bbcatholic.org.au to access the promotional code for either a "Teen" or "Adult" registration.

Tri-Diocesan Social Justice Evening 2024

Focusing on the 2023-24 Social Justice Statement

Listen, Learn, Love: A New Engagement with Aboriginal and Torres Strait Islander People

Proudly hosted by the Diocese of Broken Bay
with the Archdiocese of Sydney & the Diocese of Parramatta



THURSDAY, 25TH JULY
6PM FOR 6:30PM START

Keynote
speaker

JOHN LOCHOWIAK
CHAIR, NATSICC



THE EPPING CLUB
45-47 RAWSON ST, EPPING

REGISTER AT
trybooking.com/CTCFO OR
BY WEDNESDAY, 17TH JULY



Scan the QR code
to register

There is no cost to attend this evening. Dinner included.
For further enquiries contact mission@bbcatholic.org.au

CATHOLIC COMMUNITY OF NORTH HARBOUR

CHILDREN'S LITURGY OF THE WORD



ST KIERAN'S

TERM 2

23 JUNE, 9:30AM
21 JULY, 9:30AM

ST CECILIA'S

TERM 3

4 AUGUST, 9AM
15 SEPTEMBER, 9AM

TERM 3

28 JULY, 5PM
18 AUGUST, 9:30AM
25 AUGUST, 5PM
22 SEPTEMBER, 5PM

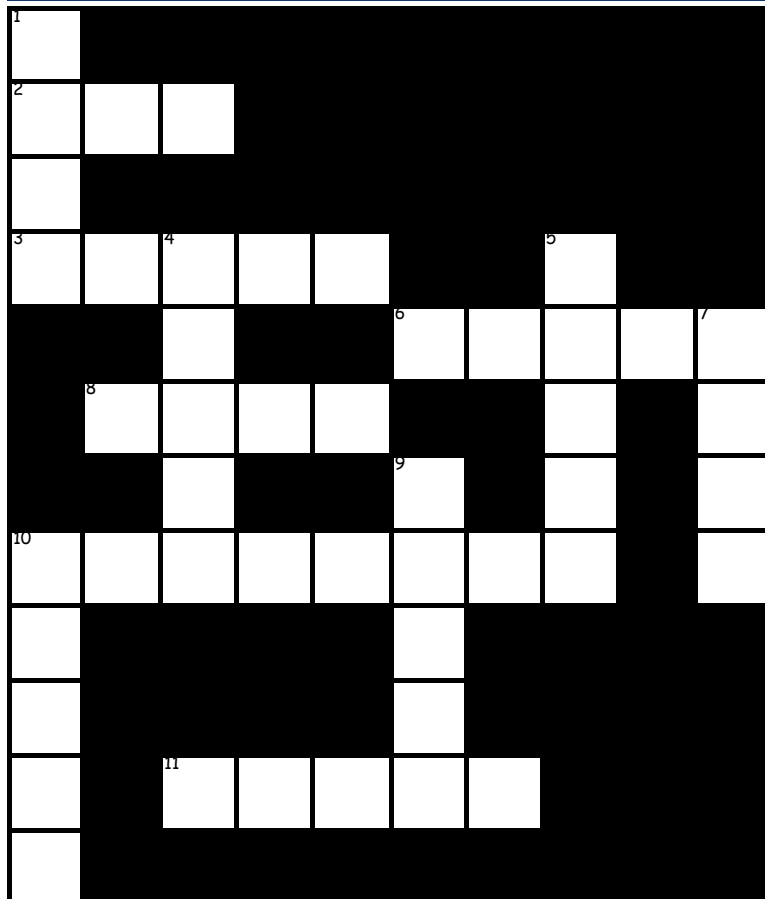
TERM 4

3 NOVEMBER, 9AM
1 DECEMBER, 9AM

TERM 4

27 OCTOBER, 5PM
24 NOVEMBER, 5PM
15 DECEMBER, 9:30AM





CROSSWORD PUZZLE

Jesus the shepherd taught the sheep of his flock.

ACROSS:

- 2: you do this when you are hungry
 3: teachers do this
 6: the opposite of last
 8: this is used to travel across water
 10: Jesus thought the large crowd was like sheep without a ____
 11: shepherds look after these woolly animals

DOWN:

- 1: Jesus and the apostles were tired from all their teaching, so they decided to have a ____
 4: Jesus and the apostles went to a place where they could be ____
 5: a large group of people
 7: people from every ____ went to see Jesus and the apostles
 9: many people saw Jesus and the apostles ____ and figured out where they were going
 10: the word you say when you want to apologise to someone

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Sharing the Gospel

People heard how Jesus and his disciples had healed their family and friends. They followed Jesus around like people hurry to see movie stars today. Jesus felt sorry for these people. They were like sheep without a shepherd. He said, "Love God more than anything or anyone. Love your neighbour as yourself." His words were joy to their ears. They followed him because he filled their hearts with hope and peace.

Prayer

Lord, help me give joy to others by sharing your words.

Mission

Pray that children hear God's voice saying, "I love you. Say NO to evil."

©LPi

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



COLOR

Read the Gospel of the week and color the image.





*Lord, You have saved my soul from the constraint of fear,
so that it may serve You in the freedom of love.*

Commentary on Psalm 30 (1), 8

- St. Augustine of Hippo

NEXT WEEKEND (28 JULY): 17TH SUNDAY IN ORDINARY TIME, YEAR B

1ST READING

2 Kings 4:42-44

*Elisha feeds a hundred people
with twenty loaves.*

RESPONSORIAL PSALM

Ps 144:10-11, 15-18. R. v.16

*The hand of the Lord feeds us;
he answers all our needs.*

2ND READING

Ephesians 4:1-6

*Live a life worthy of your
calling.*

GOSPEL ACCLAMATION

Luke 7:16

Alleluia, alleluia!

*A great prophet has appeared
among us; God has visited his
people.
Alleluia!*

GOSPEL

John 6:1-15

Jesus feeds five thousand.

27 JULY, 5.30PM
ST KIERAN'S

Senior Server
Louise

Readers
Ronda
Val

Music
Parish Choir

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

28 JULY, 7.30AM
ST KIERAN'S

Senior Server
Anna

Readers
Lea
Tim

Music
None

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

28 JULY, 9AM
ST CECILIA'S

Senior Server
Antoinette

Readers
School or Cathy

Music
Love Thy
Neighbour

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
School family

28 JULY, 9.30AM
ST KIERAN'S

Senior Server
Adrian

Readers
Kaye
Anne

Music
Branch of Jesse

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

28 JULY, 5PM
ST KIERAN'S

Senior Server
Paul

Readers
Leanne
Caroline
Christine

Music
Emmanuel

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

OBSERVANCES FOR THE WEEK OF 21 JULY

Mon 22 July: St Mary Magdalene

Tue 23 July: Tuesday of the 16th Week in Ordinary Time, Year II

Wed 24 July: Wednesday of the 16th Week in Ordinary Time, Year II

Thu 25 July: St James, apostle

Fri 26 July: Sts Joachim and Anne, parents of the Blessed Virgin Mary

Sat 27 July: Saturday of the 16th Week in Ordinary Time, Year II

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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Primary School



Principal: Ms Anna Marsella

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

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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