



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



**25
MAY
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



6TH SUNDAY OF EASTER

"Peace I leave with you; my peace I give to you."
- Jn 14:27a

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

1ST READING

Acts of the Apostles 15:1-2. 22-29
*The Apostles decide not to burden the
Gentiles unnecessarily.*

RESPONSORIAL PSALM

Ps 66:2-3. 5-6. 8. R. v.4
O God, let all the nations praise you!

2ND READING

Revelation 21:10-14, 22-23
An angel shows John the new Jerusalem.

GOSPEL ACCLAMATION

John 14:23
Alleluia, alleluia!
*All who love me will keep my words,
and my Father will love them
and we will come to them.*
Alleluia!

GOSPEL

John 14:23-29
Jesus leaves peace as his farewell.

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

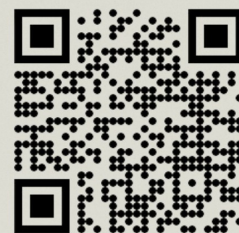


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Scan me!



WHY DO WE DO THAT? Catholic Life Explained

Question:

Why do Catholics need to go to Mass every Sunday?

Answer:

The heart of the Church's instruction that we are to attend Mass on Sundays goes back to the Third Commandment: "Take care to keep holy the sabbath day as the LORD, your God, has commanded you" (Deuteronomy 5:12). Although the Jewish People celebrate the Sabbath on Saturday, the first generations of Christians began to observe the sabbath on Sunday, recognising how important it is for Christians to celebrate the day that Jesus rose from the dead.

The focus of our Sunday should be the celebration of the Eucharist in the Mass. This is our time to be formed by God's Word and nourished at the table of the Lord, becoming prepared to live out and share our faith in the week that follows. In his encyclical, *Dies Domini*, Pope Saint John Paul II reminded us that Christians "cannot live their faith or share fully in the life of the Christian community unless they take part regularly in the Sunday Eucharistic assembly" (no. 81). This is why the Church teaches us that Sunday Mass is a non-negotiable part of being a Christian (see *Catechism of the Catholic Church*, no. 2192).

Beyond being a time of worship, we should also remember that Sunday is intended to be a day of rest, when we make time for recreation, for sharing meals, and enjoying the company of friends and family. Sunday is given to as a day to take stock of and enjoy the blessings that God has given us (see *Catechism of the Catholic Church*, no. 2187). Pope Francis reminds us, "The day of rest, centered on the Eucharist, sheds its light on the whole week, and motivates us to greater concern for nature and the poor" (*Laudato Si'*, no. 237).

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BRINGING HOME THE GOSPEL

There were so many times in my years of parenting when all I wanted was a little peace. With seven of us in the house, it seemed there was always someone wanting something or arguing with somebody. As toddlers and teens, my kids badgered and whined, poked and pushed. Often I just wanted to say yes when no was the right answer, or give in to the loudest protester just for some peace and quiet.

Real peace, the peace Jesus talks about, is not the same as the peace which is the opposite of war. Arguments can continue, battles can be waged, people can disagree—but we can still experience God's peace. God's peace is not grounded in a particular condition or position. It is grounded in love. God's peace is an inner calm, a certainty that all will be well.

While peace and quiet do not necessarily go hand in hand, I discovered early in my parenting that I needed a little quiet to remind myself that God is with me and God is in me. I needed to set aside time each day when the kids were safely settled (usually during their daily dose of Sesame Street) to sit in quiet prayer. And I needed a yearly getaway retreat to rest and to restore body and spirit.

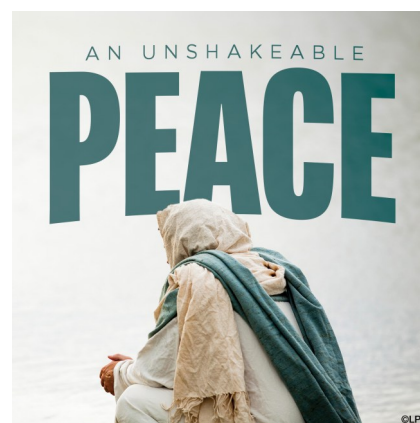
If you are like me and find it difficult to remain calm and not answer every angry word with an even angrier retort, if it is hard for you to say, "No, you can't," and not dissolve when called the meanest mom or dad in the world—then perhaps you, too, need to find some quiet time for prayer, to let go of your burdens and injuries so that your hands are free to accept God's gift of peace. Once you accept it, and rest in that gift, you can share it with all those around you.

FAMILY RESPONSE:

Set some time aside for family quiet time—a half-hour or so for reading or working with puzzles. Make sure everyone is in the same room, but allow no talking.

PERSONAL RESPONSE:

Find some time to be alone. Set a timer for five minutes and sit quietly in a chair. Put your feet on the floor, arms relaxed on your lap. Become aware of your breathing in and out. Try to get rid of all thoughts. Say the name Jesus slowly and reverently over and over.

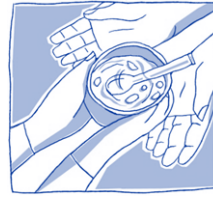


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WEEKLY SOCIAL JUSTICE CHALLENGES

In this week's Gospel, Jesus promises to send his Spirit to dwell in his followers so they don't feel abandoned. He also gifts them with peace. Your challenge this week is to be a peace-maker. Who in your family needs to make peace with someone? Who are the people at work or school who are in conflict with each other? Who in the world is at war? Do two things this week. Take action to bring people together in your personal life. And pray for peace in a place around the globe where conflict is a way of life. In both cases, let the Spirit promised by Jesus guide you to be a person of peace.



CARE FOR CREATION TIPS

"For it has seemed good to the Holy Spirit and to us to impose on you no further burden than these essentials: that you abstain from what has been sacrificed to idols and from blood and from what is strangled..." —Acts 15:28-29

The Old Testament is filled with dozens of precise dietary laws, many for solid health or ethical reasons. Most of them were dispensed with when Gentiles converted to Christianity as in this story from the Acts of the Apostles today, but notice some laws about eating specific kinds of meat were retained. Our Christian faith doesn't require us to be vegetarians or vegans, but there are perhaps even more health and ethical reasons to reduce or eliminate our consumption of meat today than there were when Paul wrote this passage. This week, watch this 5 minute video about the carbon footprint of beef and make a commitment to reduce red meat in your diet: <https://bit.ly/teach-out-food-sustainability>. Alternately, you can read Michael Pollan's book *The Omnivore's Dilemma*, *Fast Food Nation* by Michael Schlosser, or *Animal, Vegetable, Miracle* by Barbara Kingsolver to learn more about the impact of our meat eating.

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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.

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



Chloe Kate Hill
son of Thomas & Philippa

Hamish Hendrik Kelly
son of Scott & Laura

PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Jacky Worthington, Judith D'Elmaine, Odette James, Greg Hyde, Peter and Jan Van de Velde, Joyce Arnold, Cecilia Yeung, Erroll Abbott

RECENTLY DECEASED:

Louise Hughes, Fr Thomas A Peyton MM., Jamie Dowsett, Mary Moran, Mary Carmen Bonavia, Geoff Moorcroft

ANNIVERSARIES:

Stephen Davidson, Helen Richardson, Barry Koorey, Greg Keogh, Colleen Maher

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

PASTORAL
WORKS Broken Bay

MAY 2025 APPEAL



YOUR GIFT MAKES A DIFFERENCE

The Pastoral Works Broken Bay appeal supports two key ministries in our diocese: the **Confraternity of Christian Doctrine**, which trains our catechists, and **hospital chaplaincy and pastoral care**, which supports those who are vulnerable, lonely and sick in hospital. The appeal also contributes to **St Lucy's School and St Edmund's School** for children with disabilities, and to the **Ephpheta Centre**, supporting the deaf community.

Help us reach our parish quota:

\$47,091

Amount raised so far:

\$1,200



SCAN TO DONATE

**DONATIONS ARE
TAX-DEDUCTIBLE**

THANK YOU FOR YOUR GENEROSITY

What is social justice?

Social justice is the pursuit of fairness and dignity for all people, ensuring the common good and protecting the vulnerable. It is rooted in love and action.

JOIN US

**Monday, 16 June
7-8PM**

Parish Centre

Join Fr John and form a social justice group. We will discuss *Rerum Novarum*, the Church's first major social encyclical, written by Pope Leo XIII in 1891.



Scan the QR code to read *Rerum Novarum* and prepare for the meeting. We look forward to seeing you there!

**8TH
JUNE**

**PLEASE WEAR A
TOUCH OF RED**

PENTECOST SUNDAY



**9:30AM MASS,
ST KIERAN'S + INTERNATIONAL
FOOD FESTIVAL**

Please bring some food from your culture to share: leave in Centre 1 and take home afterwards. Oven space is limited.

If you would like to share a song, dance, poem or joke from your culture, please contact Ursula or Fr Jojo.

BAKERS NEEDED!

Help us prepare for
our Pentecost
celebration by
baking dove cookies!

Recipe, cookie
cutters and
decorations will be
provided and can be
collected from the
Parish Office.



MEMBERSHIP RENEWAL *now due*

Renewal of 2025 membership fees for the Augustinian Formation Association is now due. Payment of \$30 can be made by direct deposit or by leaving cash in an envelope marked to the attention of Adriana Bowyer in the parish office.

Account Name: Augustinian Formation Association
BSB: 032190

Account Number: 105386
Ref: 2025 Membership Fees

WANT TO JOIN AFA?

Contact Adriana on 0402 099 746 or at albowyer@bigpond.com. We'd love you to join us!

19. 07. 25

**SAVE
The
DATE**

AFA's next fundraiser, the **Christmas in July Dinner**, will be held at the Parish Centre in Manly Vale. More details to come. This is always a fun night, so we look forward to seeing you there!

Our last fundraiser, the Sue Colwell Walk and Talk, raised **\$2,842** even though the walk did not go ahead due to bad weather. We would like to thank everyone for their generosity and continued support of Augustinians in formation.



SACRAMENTAL
PROGRAM
2025/2026

**ENROL YOUR CHILD
FOR THE SACRAMENT
OF CONFIRMATION!**

Children must be baptised and in
Year 3 or above.

Parents' info sessions:
3rd of June, 9:30AM
St Kieran's
4th of June, 7:30PM,
St Kieran's

SCAN ME



TWILIGHT *Mass*
WITH BISHOP ANTHONY RANDAZZO

CELEBRATING THE JUBILEE OF FAMILIES, GRANDPARENTS
AND THE ELDERLY, AND THE WORK OF CATHOLIC CARE

Wednesday, 28 May, at 4:00PM
Our Lady of the Rosary Cathedral, Waitara

Light refreshments served after Mass.
All are welcome.



SCAN ME 



TRI-DIOCESAN SOCIAL JUSTICE EVENING 2025

focusing on the **Social Justice Statement 2024-25**
Truth & Peace – A Gospel Word in a Violent World

SAVE THE DATE:
WEDNESDAY 25 JUNE 2025
6:00PM – 9:00PM
ST MONICA'S PARISH HALL,
8 DAKING ST, NORTH PARRAMATTA



WE'RE SO EXCITED TO INVITE YOU AND
YOUR CHURCH FAMILY TO JOIN US FOR

**AUSTRALIA'S
DAY**

OF NATIONAL PRAYER

SATURDAY, JUNE 7TH, 10:00 AM

Northern Beaches Reformed Church, 58 Fisher
Rd, Dee Why

You can also register or find more details
about our local gathering here:

[https://ywamibs.org/australias-national-day-
of-prayer/](https://ywamibs.org/australias-national-day-of-prayer/)

ST CECILIA'S SCHOOL NEWS



REPRESENTATIVE SPORTS

2025
ST CECILIA'S PLAYGROUP
LEAP into LEARNING
Preparation for transition to school program

9.15 - 10.15am

- Friday 28 March
- Friday 09 May
- Friday 30 May
- Friday 27 June
- Friday 01 August
- Friday 22 August

FREE

Learn, Explore and Play

FOR PRE-SCHOOLERS
SCHOOL READINESS
MEET THE TEACHER
STAND TIME
GRANT TIME
YEAR 5 & 6 BODIES
COMMUNITY

Parents/Carers must accompany their child.
Grandparents and Groups Welcome.
55 Deanrow Street Balgowlah NSW 1585 02 9588 2108

Our school community has been bustling with activity and spirit in Term 2! Recently, families gathered at Mass, strengthening our bonds and faith. Thank you to Fr Paul for presiding and sharing his wise words, and a big shout out to Mr Walters for playing guitar and leading our students in the recessional song.

In Week 3, SCB students proudly represented our school at the CSBB Northern Beaches Cross Country Carnival in Frenchs Forest, showcasing their dedication and sportsmanship. Students competed with great enthusiasm and ran with determination, showing resilience and spirit even in the wet and muddy conditions. Congratulations to the students who have made it through to the next round, the Broken Bay Cross Country Championships at Gosford Racecourse in week 5. A big thank you to our wonderful parents /carers who support our sporting stars with encouragement, energy fuel and transportation to and from training and events. It is a community effort!

SCB Year 4 students, along with other Year 4 cohorts from neighbouring Southern Precinct Beaches schools have been begun collaborating regularly at our local Catholic high school, St Paul's Catholic College, Manly. These opportunities are super exciting to bring together young hearts and minds, fostering friendships and teamwork. This term focus is on Sport.

Our next school readiness playgroup "Leap into Learning" is on Friday 30th May at 9.15am – 10.15am, a perfect opportunity to join us to learn about our vibrant learning community! All warmly welcome.

Sharing the Gospel

Jesus said when you love me, you will obey me. Then I will come to live in you. My Father will come to live in you, too. Look in the mirror, the twinkle in your eye and the smile on your lips shows that God is within you right now. The commandments are easier to obey when God is with you. Show God you love him by cleaning up your room.

Prayer

Lord, while you are with me I will do kind things for others.

Mission

I will pick up three pieces of trash near our house today.

©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.





*My faith, O Lord, which You gave me
through the humanity of Your Son, calls upon You.*
Confessions 1, 1
- St. Augustine of Hippo

NEXT WEEKEND (1 JUNE 2025): THE ASCENSION OF THE LORD, YEAR C

1ST READING

Acts of the Apostles 1:1-11
Jesus is taken up into heaven.

RESPONSORIAL PSALM

Ps 46:2-3. 6-7. 8-9. R. v.6
*God mounts his throne to
shouts of joy: a blare of
trumpets for the Lord.*

2ND READING

Ephesians 1:17-23
*Christ will appear again to
bring salvation.*

GOSPEL ACCLAMATION

Matthew 28:19. 20
Alleluia, alleluia!
*Go and teach all people my
gospel. I am with you always,
until the end of the world.*
Alleluia!

GOSPEL

Luke 24:46-53
*Jesus commissions the eleven,
ascends to heaven.*

31 MAY, 5.30PM

ST KIERAN'S

Senior Server
David

Readers
Bob
Elizabeth-Anne
Cecilia

Music
Parish Choir

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

1 JUNE, 7.30AM

ST KIERAN'S

Senior Server
Jo

Readers
Judith
Jenny

Music
None

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

1 JUNE, 9AM
ST CECILIA'S

Senior Server
Ilde

Readers
Louise
Ailis
Julien

Music
tba

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

1 JUNE, 9.30AM
ST KIERAN'S

Senior Server
Michael

Readers
Brian
Kate

Music
Harvest

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

1 JUNE, 5PM
ST KIERAN'S

Senior Server
Kevin

Readers
Louise
Catherine

Music
tba

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

OBSERVANCES FOR THE WEEK OF 25 MAY

Mon 26 May: St Philip Neri, priest

Tue 27 May: Tuesday of the 6th Week of Easter

Wed 28 May: Wednesday of the 6th Week of Easter

Thu 29 May: Thursday of the 6th Week of Easter

Fri 30 May: Friday of the 6th Week of Easter

Sat 31 May: The Visitation of the Blessed Virgin Mary

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
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 John McCall, OSA E jmcosa@bigpond.net.au (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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BALGOWLAH



Principal: Ms Louise O'Brien



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Principal: Ms Anna Marsella



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



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