



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

Under the Pastoral Care of the Augustinians

Catholic Diocese of Broken Bay



**22
JUNE
2025**
YEAR C

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



THE MOST HOLY BODY AND BLOOD OF CHRIST

They all ate and were satisfied. - Lk 9:16

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

1ST READING

Genesis 14:18-20

Melchizedek blesses Abram.

RESPONSORIAL PSALM

Ps 109:1-4. R. v.4

*You are a priest for ever,
in the line of Melchizedek.*

2ND READING

1 Corinthians 11:23-26

*When you eat the bread and drink of the cup
you proclaim the death of the Lord.*

GOSPEL ACCLAMATION

John 6:51-52

Alleluia, alleluia!

*I am the living bread from heaven,
says the Lord;
whoever eats this bread will live for ever.
Alleluia!*

GOSPEL

Luke 9:11-17

Jesus feeds the five thousand.

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

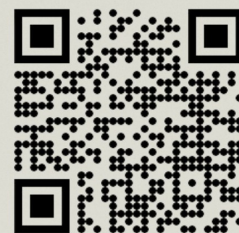


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Scan me!



WHY DO WE DO THAT? Catholic Life Explained

Question:

Do Catholics always need to receive communion in wafer form, or can it be different kinds of bread?

Answer:

In the Roman Rite of the Catholic Church, the most common form for the eucharistic bread is the small white communion “wafer” that is a ubiquitous part of the Catholic Mass. The instructions of the Church have been very specific regarding the make-up of the bread used in the Mass: “The bread used in the celebration of the Most Holy Eucharistic Sacrifice must be unleavened, purely of wheat, and recently made... it follows therefore that bread made from another substance, even if it is grain, or if it is mixed with another substance different from wheat to such an extent that it would not commonly be considered wheat bread, does not constitute valid matter for confecting the Sacrifice and the Eucharistic Sacrament” (see *Redemptionis Sacramentum* by the Congregation for Divine Worship and the Discipline of the Sacraments, no. 48).

The Church’s tradition of using a wheat-based bread is based on the bread that Jesus would have used at the Last Supper and is considered to be an essential part of the “matter” of the Sacrament of the Eucharist.

As we consider the question of whether a “wafer” — which is properly called a “host” — should be used, we also must keep in mind that in the Eastern Rites of the Catholic Church, leavened (i.e. “raised”) bread is more often used. And so, while the thin, white “wafer” is most commonly used in the Roman Rite of the Church, the full expression of the Catholic tradition does allow for a more substantial form of bread to be used, but the tradition of using a simple wheat bread with no other additions or additives is considered essential. ©LPi

BRINGING HOME THE GOSPEL

The story of the feeding of the multitude is a Eucharist story. At Eucharist, we, too, gather to listen and be fed by Jesus. And like the people on that hilltop, we, too, are all satisfied.

The Eucharist was Jesus’ lasting gift to his followers. It was his way of being present in a very concrete way throughout the ages. When we receive the host and drink from the cup, we know that Jesus is truly with us and in us. And as we watch our brothers and sisters receive from the same cup, we realize again that we are one: the body of Christ given up for the world. Take time to celebrate elements of the Eucharist at home.

The Eucharist is a meal. We remember the Last Supper, the breaking of the bread, the blessing of the wine. The time your family sits together at table is sacred, too. Say a prayer when you begin. Treat each other with the respect you would pay to Jesus.

The Eucharist is a sacrifice. At the preparation of the altar we respond, “May the Lord accept the sacrifice at your hands...”. Parents know about sacrifice— giving up sleep to comfort a restless child, wearing retread sneakers so a teen can have new soccer shoes. We are doing our children a disservice if we don’t teach them to sacrifice, too. Children need to learn the discipline of choosing a greater good.

The Eucharist is a celebration of new life. We become a part of Christ’s body, sharing in his Spirit. In Eucharistic Prayer III the priest says, “Grant that we... may... become one body, one spirit in Christ.” You and your children experience your life in Christ’s through the give-and-take of everyday family life. Help your children to also experience that life with the larger church family by becoming involved in parish activities.

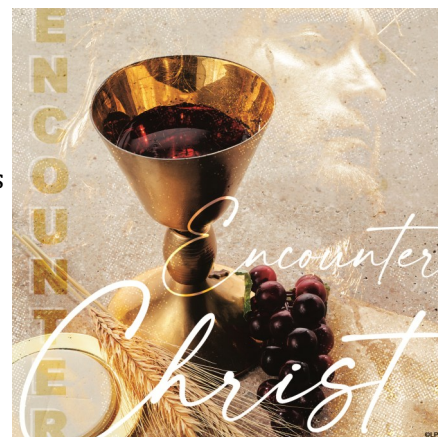
The Eucharist is a family affair. We celebrate it with our parish family, and we live it day in and day out with our household family.

FAMILY RESPONSE:

Eucharist is a Greek word that means “thanksgiving.” Talk about all the things you are thankful for as individuals and as a family.

PERSONAL RESPONSE:

What does the Eucharist mean to you? How can you help the Eucharist become more of a family affair?



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WEEKLY SOCIAL JUSTICE CHALLENGES

As we celebrate the Solemnity of the Body and Blood of Jesus, we are reminded that we are the body of Christ here on earth today. We are called to be his hands and feet, his heart, ears, and shoulders to those who need him most. Your challenge this week is to look around—at your local community, but also at the national and global news—to reflect on who needs you to be Jesus' body this week. And what part of Jesus are you called to be? Will you be the listening ear, the shoulder to cry on, the heart of compassion, the thoughtful brain, the voice for those whose voices are suppressed? Be Jesus this week.



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

"The cup of blessing which we bless, is it not a sharing of the blood of Christ? The bread which we break, is it not a sharing in the body of Christ?" —1 Corinthians 10:16

Each time we commemorate the Last Supper, we invite Jesus to be part of our lives. In doing so, the community becomes his body. For that reason, it would be wise to take a moment and consider our choice of bread. Much bread in Australia today is produced by industrial agricultural practices that use pesticides and cause irreparable damage to ecosystems. Intensive agriculture also uses chemical fertilizers which the rain washes into our rivers, causing blue algae in our lakes. Since Christ is at the very center of creation, let us choose an organic bread to honour the Body of Christ. Often times farmer's markets and small bakeries carry bread that is more responsibly produced. Consider switching your bread buying power to such vendors.

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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



Summer Rose Mayoh
Daughter of Jay & Madison

Oliver Lovro Music
Son of Michael & Rebecca

PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Odette James, Greg Hyde, Joyce Arnold,
Peter and Jan Van de Velde, Cecilia Yeung, Erroll Abbott

RECENTLY DECEASED:

Harriet Robarts, Janice McFarland, Fiore Cavalletto, Judit Gabor,
Giuseppina Spina, Margaret Saul, Pierina Villella

ANNIVERSARIES:

Marina Cooney, Peter Nguyen, Laurence Devigne, Elpidia Patricio Delfin,
Adela & Alfonso Conado, Ronelo & Eduardo Conado

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

Together, we must look for ways to be a **missionary Church**, a Church that builds **bridges** and encourages **dialogue**, a Church ever open to **welcoming** like this Square with its open arms

Leo P.P. XIV

PETER'S PENCE - 29TH OF JUNE



Congratulations
TO OUR
First Communion
CANDIDATES!



AUGUSTINIAN FORMATION APPEAL

FORMING THE NEXT GENERATION OF AUGUSTINIANS




Support the young men of the Australasian province who are listening to God's call and discerning their vocation to religious life in our Augustinian houses in Sydney, Vietnam, the Philippines, and Italy. This is only possible through your prayers, encouragement and financial support.

Donate before the end of financial year to claim a tax deduction.

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www.osa.org.au

THANK YOU FOR YOUR GENEROSITY

AUGUSTINIAN FORMATION ASSOCIATION

A traditional Christmas Dinner | festive music raffle and lucky door prize

19. 07. 25
CHRISTMAS IN JULY

\$60pp, BYO drinks
Book a table of 8 OR
join a table

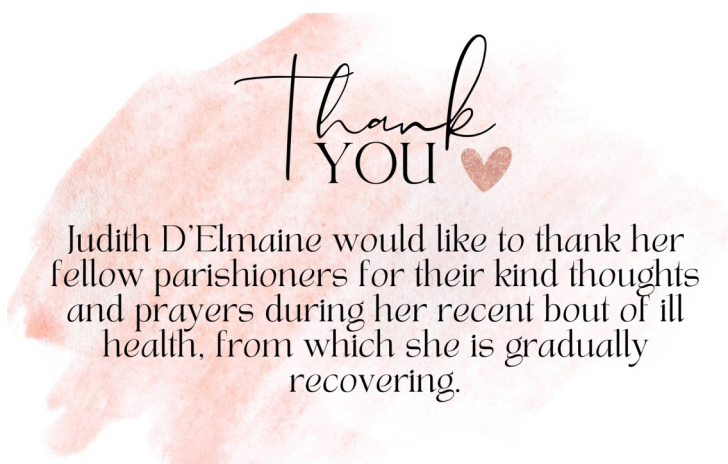
TICKETS LIMITED | RSVP BY JULY 10
Cash payments at Parish Office or
Direct deposit to:
AFA Account
BSB: 032190
ACC: 105386
REF: July Xmas

PARISH CENTRE
7:00 FOR 7:30PM

Contact: **Honorine** (hjarkey@gmail.com)
or **Adriana** (albowyer@bigpond.com)

Thank YOU

Judith D'Elmaine would like to thank her fellow parishioners for their kind thoughts and prayers during her recent bout of ill health, from which she is gradually recovering.



AS WE CELEBRATE JUBILEE FOR SEMINARIANS
JOIN US FOR

VOCATION EVENING

24 JUNE 2025

4:45pm - Meet at St Paul's College grounds, Manly
5:00pm - Pilgrimage to St Mary's Manly
6:00pm - Inspiring vocation testimonies
6:30pm - Adoration of the Blessed Sacrament and Taize
7:30pm - Dinner Celebration in Manly Parish Hall





BOOKINGS ESSENTIAL: Call Parish Office: 9977 5822 or scan QR code

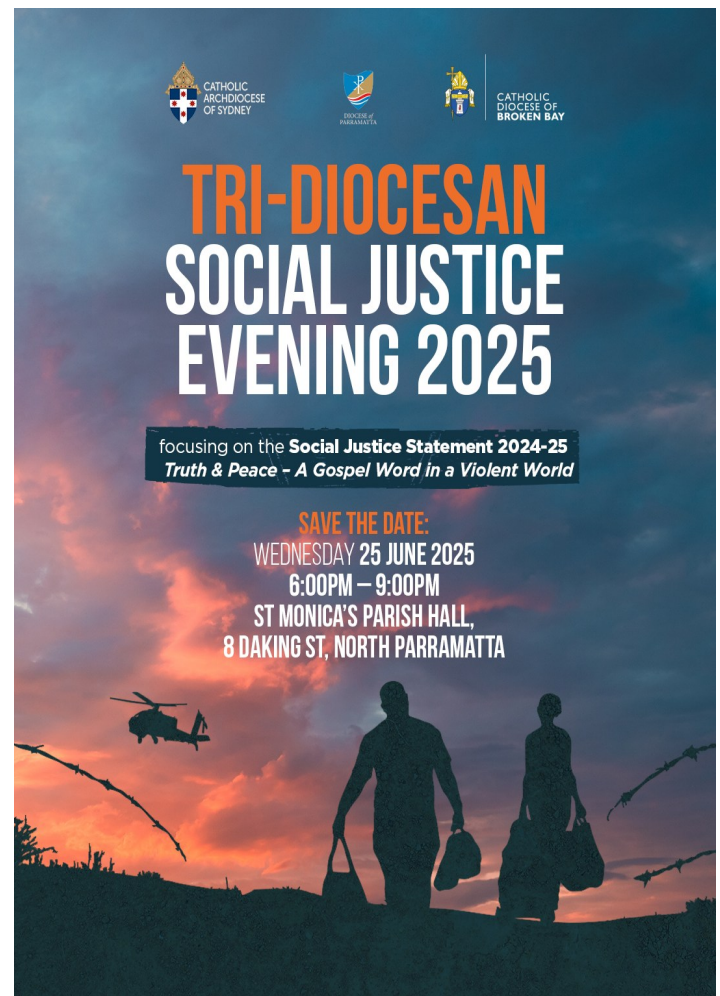
IMPORTANT ANNOUNCEMENT

During the week of **June 30 to July 4**, the Augustinian priests will be on retreat and the Scalabrinian priests from Dee Why will be covering Masses.

Masses that week will be held on **June 30, July 1, July 2, and July 4** at **St Kieran's**.

Please note: there will be **no Mass at St Cecilia's** on **Wednesday, July 3**.

Please keep the Augustinians in your prayers during this week.



The poster features logos for the Catholic Archdiocese of Sydney, the Diocese of Parramatta, and the Catholic Diocese of Broken Bay at the top. The main title 'TRI-DIOCESAN SOCIAL JUSTICE EVENING 2025' is in large, bold letters. Below it, a black box contains the text 'focusing on the Social Justice Statement 2024-25 Truth & Peace - A Gospel Word in a Violent World'. The date and time 'SAVE THE DATE: WEDNESDAY 25 JUNE 2025 6:00PM - 9:00PM' are listed, followed by the location 'ST MONICA'S PARISH HALL, 8 DAKING ST, NORTH PARRAMATTA'. The background image shows silhouettes of two people carrying bags, walking past a barbed wire fence under a dramatic, cloudy sky with a helicopter in the distance.

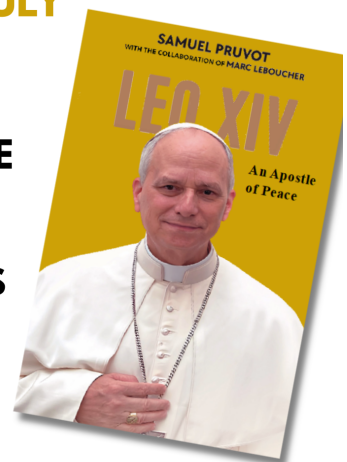
BOOK LAUNCH

LEO XIV - AN APOSTLE OF PEACE
by **SAMUEL PRUVOT**
with an introduction by **FR TONY BANKS OSA**

SATURDAY, 12 JULY
3:30PM

ST KIERAN'S
PARISH CENTRE

OSA SPEAKER:
FR PETER JONES



RSVP: 9 JULY
to hdregan@atf.org.au

IMPORTANT

ST KIERAN'S CHURCH HEATERS

Our church heating system at St Kieran's was recently found to have a serious fault and will require repairs.

We kindly ask that the heaters at St Kieran's are **not used under any circumstances** until the repairs are completed.

Thank you for your understanding.

CROSSWORD PUZZLE

Jesus feeds those who hunger.

ACROSS:

- 2: Jesus had this many loaves to feed the people
 3: Jesus looked toward heaven and _____ the food
 7: the time of day between morning and evening
 8: to give food to people
 10: Jesus had this many fish to feed the people

DOWN:

- 1: food made from wheat
 2: animals that live in the sea
 3: the left over food filled twelve of these
 4: little
 5: tore apart, ripped
 6: a large group of people
 9: to consume food

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Sharing the Gospel

Everyone in class heard the priest tell the story about the loaves and fishes. The priest asked, "Does anyone have food to share?" Little Leoni said, "I have five pizzas and two gallons of tea." The teacher gave everyone a piece of pizza and a cup of tea. When they were full, everyone was amazed. There was one piece of pizza and a little tea left. They gave thanks to God.

Prayer

Lord, thank you for the food you give me to eat.

Mission

I will share all of my food with my family and friends.

©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.





Put to flight my foolishness, Lord, that I may know You. Show me the road I must travel that I may see You. Thus aided, I hope I shall do all You have commanded me.
Soliloquies 1, 1
- St. Augustine of Hippo

NEXT WEEKEND (29 JUNE 2025): SOLEMNITY OF SAINTS PETER AND PAUL, YEAR C

1ST READING

Acts of the Apostles 12:1-11
The Lord rescues Peter from Herod.

RESPONSORIAL PSALM

Ps 33:2-9. R. v.5
The Lord set me free from all my fears.

2ND READING

2 Timothy 4:6-8, 17-18
Paul concludes his letter, ready for the Day of the Lord.

GOSPEL ACCLAMATION

Matthew 16:18
Alleluia, alleluia!
You are Peter, the rock on which I will build my Church; the gates of hell will not hold out against it. Alleluia!

GOSPEL

Matthew 16:13-19
Jesus asks, 'Who do people say I am?'

28 JUNE, 5.30PM
ST KIERAN'S

Senior Server
Louise

Readers
Bob
Elizabeth-Anne

Music
Parish Choir

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

29 JUNE, 7.30AM
ST KIERAN'S

Senior Server
Anna

Readers
Tim
Lea

Music
None

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

29 JUNE, 9AM
ST CECILIA'S

Senior Server
Antoinette/Ilde

Readers
Brian
Jeanette
Julien

Music
The Conmen

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

29 JUNE, 9.30AM
ST KIERAN'S

Senior Server
Catherine

Readers
Terry
Brian

Music
tbd

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

29 JUNE, 5PM
ST KIERAN'S

Senior Server
Kevin

Readers
Cecilia
Celestine

Music
Emmanuel

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

OBSERVANCES FOR THE WEEK OF 22 JUNE

Mon 23 June: Monday of the 12th Week in Ordinary Time, Year 1

Tue 24 June: The Nativity of St John the Baptist

Wed 25 June: Wednesday of the 12th Week in Ordinary Time, Year 1

Thu 26 June: Thursday of the 12th Week in Ordinary Time, Year 1

Fri 27 June: The Most Sacred Heart of Jesus

Sat 28 June: Saturday of the 12th Week in Ordinary Time, 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 jtorres@nhcatholic.org.au
Asst Priest: Fr John Zhang E jzhang@nhcatholic.org.au
Bookkeeper: Valerie Buono E accounts@nhcatholic.org.au (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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CREATIVE STARZ HOLIDAY PROGRAM



Ages 6-13
7-11 Jul (5 Days), 9am - 3pm
St Kieran's Church, Manly Vale
(Free Extended Hours 8am-5.30pm)
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Brian Hamer
Michelle Gibson

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Primary School



Principal: Ms Louise O'Brien



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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