



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

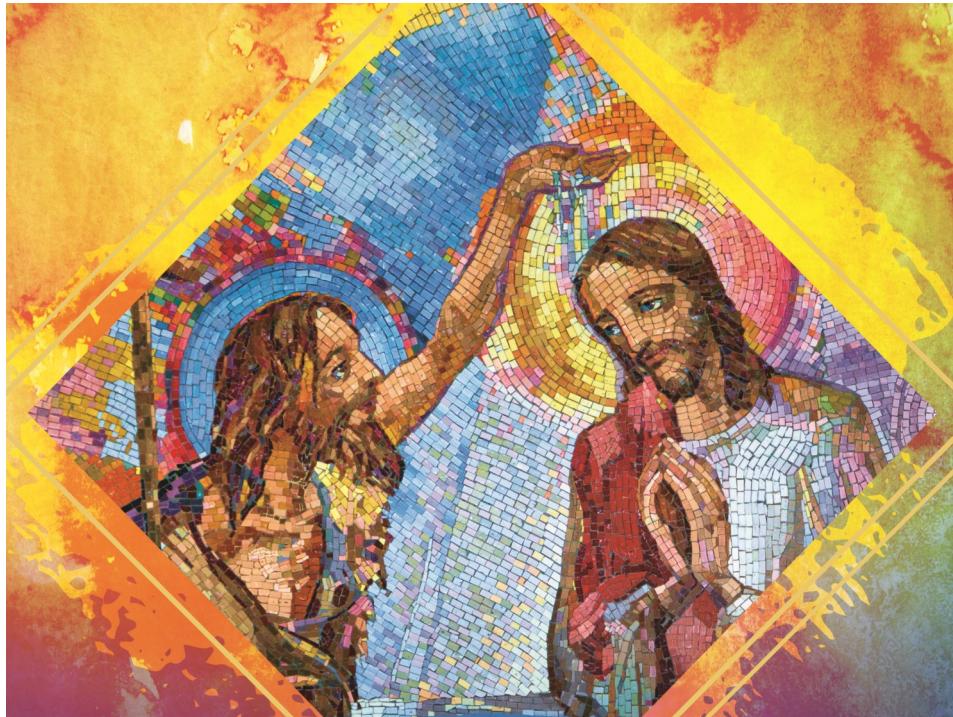


18
JAN
2026
YEAR A

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



2ND SUNDAY IN ORDINARY TIME

“Behold, the Lamb of God, who takes away the sin of the world.”
- Jn 1:29

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

FIRST READING

Isaiah 49:3. 5-6

Israel, a light to the nations.

RESPONSORIAL PSALM

Ps 39:2. 4. 7-10. R. vv.8. 9

Here I am, Lord; I come to do your will.

SECOND READING

1 Corinthians 1:1-3

Paul sends greetings to the people of Corinth.

GOSPEL ACCLAMATION

John 1:14. 12

Alleluia, alleluia!

The Word of God became flesh and dwelt among us. He enabled those who accepted him to become the children of God. Alleluia!

GOSPEL

John 1:29-34

John the Baptist points to Jesus.

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.*

MASS & LITURGY TIMES

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

EMAIL OFFICE@NHCATHOLIC.ORG.AU
ADDRESS 2 KING STREET, MANLY VALE 2093 NSW
WEBSITE WWW.BBCATHOLIC.ORG.AU/NORTHHARBOUR
FACEBOOK WWW.FACEBOOK.COM/NORTHHARBOURCATHOLICS
PHONE (02) 9949 4455



WEBSITE



FACEBOOK PAGE

WHY DO WE DO THAT?

Catholic Life Explained

Question:

How many times a day can a person receive communion?

Answer:

The Church's Code of Canon Law states, "One who has received the blessed Eucharist may receive it again on the same day only within a Eucharistic celebration in which that person participates ..." (no. 917). This tells us that we can receive communion twice in a day.

The phrase "within a Eucharistic celebration in which that person participates" is important. It means a) that we always have to think of receiving communion as being within a celebration of the Mass and b) we have to be participants in that celebration – we can't simply show up "in time" for communion.

For example, if you attend Mass on a Saturday morning and then take part in the Sunday Vigil Mass on Saturday evening, you could licitly receive communion at both celebrations. Or, another example, if you receive communion at a wedding or funeral Mass, you could also receive communion at a daily Mass or Sunday Vigil celebrated on the same day.

We should also remember that the Code of Canon Law instructs that anyone who is in danger of death or seriously ill may also receive communion a second time (no. 91, §2). ©LPI

BRINGING HOME THE GOSPEL

John the Baptist tells us that Jesus is not just the Son of God, but the Lamb of God. John is recalling the paschal lamb of the first Passover. Like Moses at the first Passover, Jesus brings his people from slavery to freedom. However, in both cases it took great faithfulness and much sacrifice to reach that freedom. For the Israelites, it was 40 hard years in the desert. For Jesus, it was the sacrifice of his life on Calvary.

Parents know all about sacrifice—giving up the freedom to come and go as we please, to enjoy quiet weekends, or to sleep eight hours a night. We learn to live without new cars or two-week vacations. Sacrifice is just a way of life for parents. It is also the way of life for Christians.

Our acts of sacrifice also need to extend to people beyond our household family. We are asked to give from our bounty and to share our livelihood with those who are in need: they are family, too. Teach your children to sacrifice. We do our youngsters a disservice if we do not help them to give of themselves, and to give generously. When they receive a new toy, help them go through their old toys and choose something they can give away. When it's time to get new school clothes, let them help you pack away last year's clothes and talk about who you might pass them on to. You might even consider buying a new outfit(s) for other children in need.

Begin each day as a family by offering God all of the day's big and little sacrifices. Ask in return for the freedom to love as Jesus loves with his patient, generous heart.

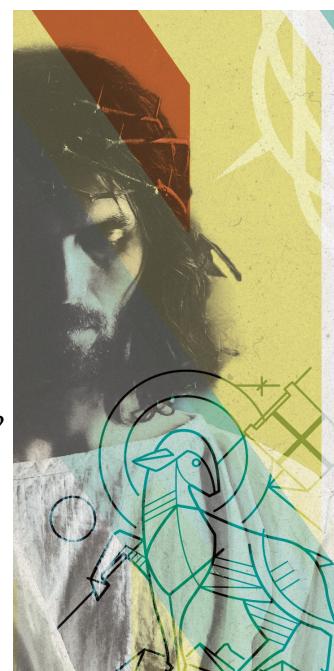
FAMILY RESPONSE:

Decide as a family on one charity that you can help this year. After investigating how to help that charity, determine when and how often you will help.

PERSONAL RESPONSE:

What charities have you been involved with in the last year? Are you pleased with your commitment?

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**THIS
IS THE
LAMB
OF GOD
—
WHO TAKES
AWAY
THE SINS OF
THE WORLD.**



WEEKLY SOCIAL JUSTICE CHALLENGES

This week we celebrate the Feast Day of Saint Francis de Sales (Jan. 24). Legend has it that Francis was so holy that his reputation spread across the land. He was once approached by a stranger who asked him to share the secret of a holy life. Francis replied, "Would you please close the door more gently?" Francis wanted the stranger to understand that it is in the ordinary, day-to-day events and actions of our lives that we truly live good and faithful lives. Your challenge this week is to look at the little ways in which you tolerate or practice injustice. If someone tells a racist joke, do you laugh or remain silent? If someone advocates for laws which benefit the rich and the middle class but hurt the poor, do you support those laws? If someone is bullying someone smaller or weaker, do you just watch? Track the day-to-day ways in which you practice justice and a special option for the poor; also track when you practice injustice or tolerate it in others. Then choose one way in which you are unjust and work this week on becoming a more faithful person or family.

CARE FOR CREATION TIPS

"Here I am, Lord. I come to do your will." —Psalm 40:7



Different Christians may disagree on what God's will is on various subjects, but hopefully we can all agree that God, who created the natural world and declared it "good" and "very good" (Gen 1) wills us to be good stewards of this beautiful creation. Whenever we act to protect or beautify God's creation we are doing God's will. Just imagine the different ways Jesus might have reacted to seeing a person trash creation in comparison to a person doing something to honor and sustain creation. This week as you do something to protect the earth, think of it as offering yourself to the Lord to do his will.

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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



Ari Walter & Sylvie Neeta Paisley
children of Andrew & Sonia

PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Fr David Taylor, Keiren Marquillero, and all those injured in the Bondi massacre, Nigel Manchee, Remo Dellagiacoma, Odette James, Joyce Arnold, Peter & Jan Van de Velde, Cecilia Yeung, Gemma Mangelsdorf, Rodney Arnold

RECENTLY DECEASED:

Tito Garibaldi, Michelle Hadley, Muriel Cowell, Daisy Chiu

ANNIVERSARIES:

Aileen Treston

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

CHILDREN'S LITURGY OF THE WORD

"And all thy children shall be taught of the Lord; and great shall be the peace of thy children." ISAIAH 54:13

EVERY 4TH SUNDAY OF THE MONTH

ST CECILIA'S 9:00AM

ST KIERAN'S 9:30AM

and

ST KIERAN'S 5:00PM

Children's Liturgy will also run **every week at the 9:30am mass** when volunteers are available.



All children in Years 5, 6 and 7 are welcome to join our

YOUTH GROUP

We will be playing fun games and exploring faith in new and exciting ways!



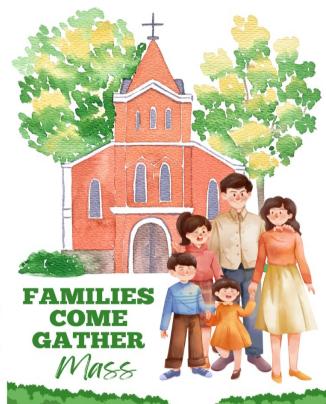
2026

ST CECILIA'S CHURCH FAMILY MASSES

Every 4th Sunday of each month during school terms will be a **Families Come Gather MASS**

with Children's Liturgy and **Morning Tea** in the playground afterwards.

This will be a lovely way for the St Cecilia's Community to gather together on a regular basis and we hope to see you there!



at St Kieran's Church, most 2nd Sundays in term time

Come along to hear some great music and have a **free supper afterwards!**

Looking for

NEW

MINISTERS OF THE WORD



Our parish is in urgent need of volunteers to serve as Ministers of the Word. This beautiful ministry involves proclaiming God's Word during Mass—usually just once a month all training is provided.

We are especially in need of readers for the 7.30am Mass at St Kieran's, but we are also looking to fill rosters across all Mass times.

If you have ever felt a gentle nudge in your heart, please take a moment to listen. Is God calling you to this ministry? We would be grateful for your "yes".

Your willingness to serve helps our community hear and live the Word of God. Thank you for your generosity and your service. Sign-up by:

Contacting the Parish Office

Using the QR code provided

Filling-out the volunteer form at the church entrances



St Kieran's Church

Parish Family Mass

EVERY 4TH SUNDAY OF THE MONTH

Children's Liturgy & Free Supper after Mass

PARISH SOCIAL JUSTICE GROUP

"Faith in action - living the Gospel through justice and love"

ACTIONS FOR DECEMBER & JANUARY

Provided a helping hand in delivering hampers for St Vincent de Paul's Christmas Appeal.



Invitation to parishioners to support St Augustine's College "Day For Girls" project. Preparing and distributing sustainable menstrual health solutions to shatter stigma and limitations for women and girls. Contact Bette Larkin on 0410 177 704 for more details and to register.

LAUDATO SI

Unpacking Laudato Si parish toolkit and finding ways to implement.
<https://www.caritas.org.au/media/jxmndsx/charitas-australian-guide-to-laudato-si-action-planning.pdf>
 Bring your ideas to our next meeting



SCAN ME!

JOIN US

2 February 2026
 Monday | 7:00pm
 St Kieran's Parish Centre
 2 King Street, Manly Vale



FR PETER JONES OSA THANKSGIVING and FAREWELL Mass

Sunday, 25 January 2026
9:30AM Mass
Followed by Morning Tea



HOSPITALITY VOLUNTEERS FOR 2026

Hello & Happy New Year to you all!



Hospitality after the 9.30am mass on Sundays at St Kieran's Church will start back up on Sunday, 1 February and I am looking for more people to join and be a part of this very wonderful and rewarding ministry.

Volunteers are placed on a roster so you can choose how often you would like to volunteer for (eg. once or twice a term).

The parish provides the morning tea along with the coffee, tea & milk so all that is needed from you on the day is to set up (about 20 mins before the commencement of mass), serve after mass and then pack away and clean up.

So, if this is something that you think you can volunteer for and help with and be a part of this ministry, please contact me either by phone or email as I would love to have some new volunteers for 2026. Also, if you would just like further information, please feel free to get in contact with me.

ADRIANA BOWYER
Hospitality Co-ordinator
0402 099 746
albowyer@bigpond.com



Fr Michael will be overseas from 13 January to 16 February.
Fr John will be the acting Parish Priest in his absence.

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Important Announcement



Our heartfelt gratitude to our Parish Community, including but not limited to **St. Augustine's College, Blackmores, St. Kieran's families, St. Cecilia's families**, and everyone in the parish who contributed to the hampers, packed them, and/or delivered them to those in need within our community.

A special thank you goes to the Donato family for their tireless effort in coordinating and administering this St. Vincent de Paul initiative.



J	B	S	S	O	N	U	J	C	T	T	P	G	I	S	WORD SEARCH
T	B	J	V	A	L	I	V	E	A	Z	M	S	I	I	<i>Here is the Lamb of God.</i>
W	N	P	S	R	K	H	F	S	X	J	A	U	T	N	TRY TO FIND THESE WORDS:
N	H	P	P	W	O	R	L	D	L	A	M	B	S	Z	alive
G	E	H	I	A	U	Y	C	E	I	U	L	W	K	Y	baptise
A	A	U	R	K	A	N	R	C	E	U	R	C	K	T	dove
D	V	R	I	R	Y	J	D	Y	B	J	P	N	W	M	greater
Y	E	I	T	I	M	E	G	R	E	A	T	E	R	Z	heaven
L	N	W	D	O	V	E	R	J	G	X	Q	J	I	F	John
R	B	W	A	T	E	R	D	D	W	G	J	O	D	B	Lamb
S	Y	A	O	J	Z	H	E	H	J	B	X	D	D	N	sin
W	F	D	X	J	O	H	N	R	Y	D	H	Q	T	R	Son
B	A	P	T	I	S	E	R	N	F	C	U	V	D	S	Spirit
															water
															world

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Sharing the Gospel

John the Baptist told everyone that Jesus was the Son of God. He told them the Holy Spirit came down on Jesus and remained on him as the Scriptures said. Jesus taught his disciples and others. He healed people to show his power as the Son of God. God wants you to be his disciple. He wants you to be a good example of a loving child of God.

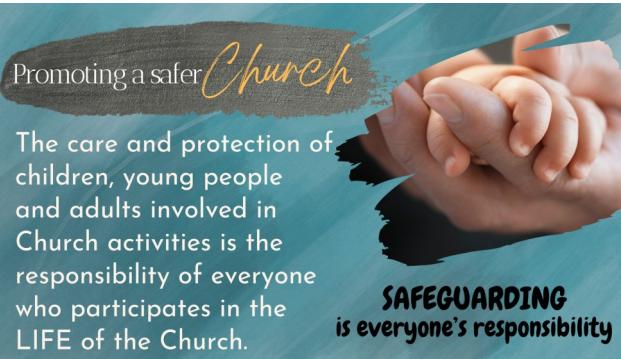
Prayer

Lord, I will be a good disciple by learning and sharing your words.

Mission

I will ask someone to read the Bible to me every day.

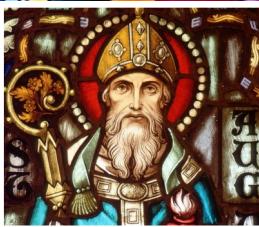
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COLOR

Read the Gospel of the week and color the image.





Lord, guard us from all danger and carry us to Yourself.
Ane You will be our strong support from childhood to old age;
for when our strength is Yours, we are strong.
Confessions 4, 16
St Augustine of Hippo

NEXT WEEKEND (25 JANUARY 2026): 4th SUNDAY IN ORDINARY TIME, YEAR A

FIRST READING Isaiah 8:23 – 9:3 <i>The Lord brings light to the darkness.</i>	24 JAN, 5.30PM ST KIERAN'S <i>Senior Server</i> Louise	25 JAN, 7.30AM ST KIERAN'S <i>Senior Server</i> Anna	25 JAN, 9AM ST CECILIA'S <i>Senior Server</i> Antoinette	25 JAN, 9.30AM ST KIERAN'S <i>Senior Server</i> Joseph	25 JAN, 5PM ST KIERAN'S <i>Senior Server</i> Edelvine
RESPONSORIAL PSALM Ps 26:1. 4. 13-14. R. v.1 <i>The Lord is my light and my salvation.</i>	Readers Leonie Ronda Val (R)	Readers Lea Tim Elsie (R)	Readers Amy Cathy Sacha	Readers Kaye Anne	Readers Leanne Christine Geraldine (R)
SECOND READING 1 Corinthians 1:10-13, 17 <i>Paul begs for unity.</i>	Music PPT/Audio	Music PPT/Audio	Music PPT/Audio	Music PPT/Audio	Music PPT/Audio
GOSPEL ACCLAMATION Matthew 4:23 <i>Alleluia, alleluia!</i> <i>Jesus preached the Good News of the kingdom and healed all who were sick.</i> <i>Alleluia!</i>	Communion Min Volunteer Needed Volunteer Needed	Communion Min Volunteer Needed Volunteer Needed	Communion Min Volunteer Needed Volunteer Needed	Communion Min Volunteer Needed Volunteer Needed	Communion Min Volunteer Needed Volunteer Needed
GOSPEL Matthew 4:12-23 <i>Jesus begins his public ministry, calling the Apostles.</i>	Powerpoint Volunteer needed	Powerpoint Olivier	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 JANUARY	
Mon 19 Jan:	Monday of the 2nd Week in Ordinary Time, Year 2
Tue 20 Jan:	Tuesday of the 2nd Week in Ordinary Time, Year 2
Wed 21 Jan:	St Agnes, virgin and martyr
Thu 22 Jan:	Thursday of the 2nd Week in Ordinary Time, Year 2
Fri 23 Jan:	Bl Josephine Mary of Beniganim (<i>Augustinian</i>)
Sat 24 Jan:	St Frances de Sales, bishop and Doctor of the Church

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

Administration Officer: Charlene Mendoza E admin@nhcatholic.org.au (Tue-Fri)

Bookkeeper: Valerie Buono E accounts@nhcatholic.org.au (Thu)

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: Caroline Ng E comms@nhcatholic.org.au

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



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Primary School



Principal:
Ms Margaret Holles



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www.skmvdbb.catholic.edu.au

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Co-educational pathways K - 12

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continued support.
Thank You!



THE CATHOLIC COMMUNITY OF
NORTH HARBOUR



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(First Collection)



PARISH
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DIOCESE OF
BROKEN BAY

PASTORAL
WORKS
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SCAN ME



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church entrances