



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



**1
FEB
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



4TH SUNDAY IN ORDINARY TIME

"Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me." - Mt 5:11

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

FIRST READING

Zephaniah 2:3; 3:12-13
*The remnant of Israel
will take refuge in the Lord.*

RESPONSORIAL PSALM

Ps 145:7-10. R. Mt 5:3
*Happy the poor in spirit;
the kingdom of heaven is theirs!*

SECOND READING

1 Corinthians 1:26-31
The Lord chooses the lowly.

GOSPEL ACCLAMATION

Matthew 5:12
*Alleluia, alleluia!
Rejoice and be glad;
Your reward will be great in heaven.
Alleluia!*

GOSPEL

Matthew 5:1-12
The Beatitudes.

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

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WEBSITE



FACEBOOK PAGE

WHY DO WE DO THAT?

Catholic Life Explained

Question:

Can you explain what we mean by a vocation or calling? I have heard this term used in many different contexts and am not sure what it means. Does it apply to religious life?

Answer:

A vocation or calling refers to a spiritual experience whereby a person senses within oneself the closeness of God and what He is asking in one's life. It is a realization of what one's part in God's plan could be. Vocation comes in all kinds of ways. Some are as dramatic as St. Paul's, being blinded, and hearing God's voice. Others are less dramatic, often occurring over time through little events and personal interests. Others happen in a hurry, accompanied by great spiritual insight or conversion. We often think that this applies to religious vocation, but in fact, every Christian has a vocation, a calling to serve others in and through the church. Whether married or single, religious or lay, we are all called to live out our baptismal commitment to preach and teach the Gospel message. Each of us has our role to play in God's plan, and we become coworkers with God in the work of redemption. With a little confidence, a willing spirit and God's grace, we can and will respond to his unique call. ©LPi

BRINGING HOME THE GOSPEL

Moses went up a mountain to receive the Ten Commandments, and in Matthew's Gospel, Jesus went up a mountain to give us the Beatitudes. The Ten Commandments are a set of laws to help us live in harmony with God's love. The Beatitudes are broader and more subtle. They offer a vision and suggest a self-giving attitude that goes beyond the Commandments.

The Beatitudes talk about the poor and those who mourn, those who are hungry for justice, those who are merciful and peacemakers, those who are pure in heart and those who are persecuted. Jesus tells us that all of these people will be happy. They will be blessed. How can this be?

Perhaps Jesus is just reminding us that life is difficult. Each of us will face our own hardships. We need to remember that nothing—not poverty or deep loss or suffering, not the worst injustice—can triumph over us. Jesus offers his own strength and endurance, his assurance that we will not be alone. We are blessed. We are gifted not only with faith but hope.

The Beatitudes ask us to be meek, not the doormat sort of meek, but the biblical idea of meek—tolerant and unassuming. We are to be poor in spirit. Money and possessions should not own us. We are to be peacemakers and hunger and thirst after justice. The Beatitudes offer a positive way to respond to difficult life experiences. They encourage us to live in a selfless and positive way.

Finding the kingdom of God is not just about keeping the Ten Commandments; it's keeping the commandments with the right attitudes—the Beatitudes.

FAMILY RESPONSE:

Talk to your family about what difficulties they are facing this week. Encourage each other to be tolerant. Pray together to find ways your family members can be peacemakers.

PERSONAL RESPONSE:

Which of the beatitudes do we find most difficult to live?

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THE CROSS
OF JESUS
IS NEAR

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WEEKLY SOCIAL JUSTICE CHALLENGES

Sunday's Gospel is Jesus' beatitude teaching from the Sermon on the Mount. The beatitudes provide us with a blueprint for being people of faith and justice. Your challenge this week is to take one beatitude each day. Read the beatitude in the morning, and ask God for the strength to practice that attitude throughout the day. Then in the evening, reflect on whether or not you lived that particular "attitude of being" in your life during the day. Thank God for your successes, ask for forgiveness where you failed, and pray for the courage and strength to live that beatitude in the future.



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

"Blessed are those who hunger and thirst for righteousness, for they will be filled."
—Matthew 5:6

Sometimes, perhaps often, it feels difficult to keep making sacrifices and doing the right thing for the environment when it seems other people aren't putting in as much effort. Still, our faith calls us to keep hungering and thirsting for righteousness, to keep seeking what is best for our earth, even if we sometimes despair that our efforts aren't making a difference. This week, as you go about making choices to care for creation, pray to be reminded that your hunger and thirst for righteousness will one day be filled.



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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



PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Donald, Xi, Susie, Vladimir and Charles, Fr David Taylor, Nigel Manchee, Remo Dellagiacoma, Odette James, Joyce Arnold, Peter & Jan Van de Velde, Cecilia Yeung, Gemma Mangelsdorf, Rodney Arnold

RECENTLY DECEASED:

Karen Bailey, Frank Kullenberg, Brian Willoughby, Stella O'Riordan, Joe Foley, John Keating

ANNIVERSARIES:

Pacita & Alfredo Bachiller,
Maria Monteleone, George Marley

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

Eloise Caroline Morris
daughter of Joshua & Stephanie

PARISH & DIOCESAN NEWS AND NOTICES

Come celebrate Fr Abel's

90th
Birthday

Sunday, 15 February 2026
9:30AM Mass at St Kieran's
Followed by Morning Tea

First Reconciliation Helpers Needed

The children who are preparing for the Sacrament of First Reconciliation and their parents will be coming to the parish as part of their preparation. It would be wonderful if some of our parishioners could be there to greet the families and show them where to go. If you are able to help at any of the following times, please contact Ursula. Contact details on Pg 7.

- Monday 9th Feb 3:40-5:00pm
- Monday 9th Feb 5:40-7:00pm
- Tuesday 10th Feb 5:40-7:00pm



PARISH SOCIAL JUSTICE GROUP

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

LAUDATO SI
Unpacking Laudato Si parish toolkit and finding ways to implement.
<https://www.caritas.org.au/media/jxmn-dsxd/caritas-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

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

junior YOUTH GROUP

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



Commencing 2026
Contact Ursula



YOUR PATH AWAITS. DISCOVER THE BEAUTY OF OUR AUGUSTINIAN LIFE

PRAYER FOR VOCATIONS

Let us pray to the Lord of the harvest, who calls men and women to serve Him in love, that they may know their vocation and live it.

All glory and praise are yours. God of truth and light of our hearts, for you guide people in the ways of holiness.

Help those who follow in the footsteps of Augustine to seek you through mutual love and worship and to be servants of Your Church as examples that others may follow.

Enlighten men and women to see the beauty of community life in the spirit of St Augustine, and strengthen them in Your service so that the work you have begun in them may be brought to fulfilment.

We ask this through Christ, Our Lord. Amen.

CONTACT OUR VOCATIONS DIRECTOR: saldie.resolado@osa.org.au



0407686069



Website
OSA.ORG.AU/VOCATIONS

 ORDER OF ST. AUGUSTINE
AUSTRALASIA PROVINCE OF
OUR MOTHER OF GOOD COUNSEL

COME AND SEE

WHAT MAKES LIFE MEANINGFUL?



BROOKVALE, SYDNEY

March 29-April 5 2026



CONTACT OUR VOCATIONS DIRECTOR

Our Vocations Director is here to listen, support, and walk with you through your discernment.



PRAY

Pray and seek God's guidance through the daily prayer in this brochure. Let the Eucharist be your frequent source of strength and clarity as you discern your path.



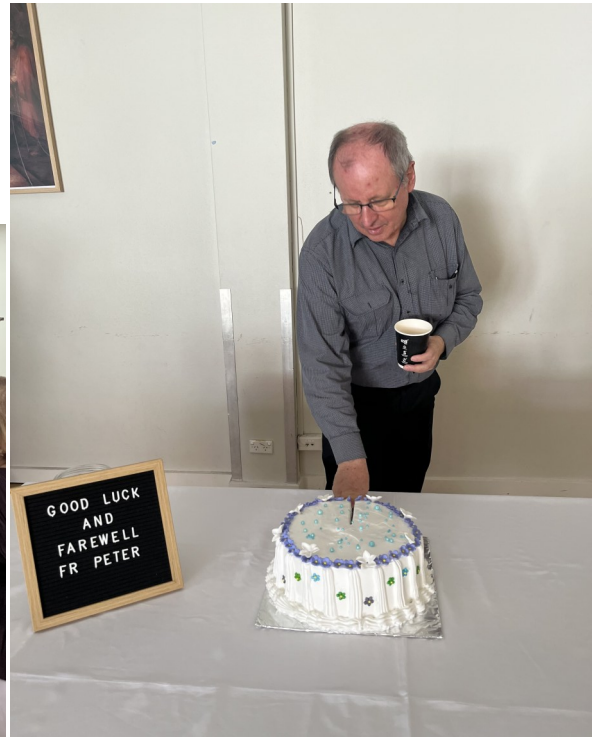
SPEND TIME WITH US

We host year-round events for men discerning the priesthood or Augustinian life. Our doors—and our community—are always open to you.

PARISH & DIOCESAN NEWS AND NOTICES

Fr Peter's Farewell

Last Sunday we had a thanksgiving and farewell mass for Fr Peter as he embarks on his assignment to Rome. We thank Fr Peter for his dedication in serving our community and will pray for his safe travels. Thank you to all who contributed to the mass and morning tea— it was such a special gathering for all.



Connect with your community

YOUTH MASS



Sunday 8 Feb
5 pm

St Kieran's
Church
Manly Vale

FOLLOWED BY A LIGHT SUPPER

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future". Jeremiah 29:11

Vinnies Bin

The Vinnies bin next to the parish centre has been removed until further notice. We apologise for the inconvenience and appreciate your generosity in donating to those in need. Items can be donated to Vinnies Brookvale at 22 Roger St, Brookvale. Thank you for understanding.

St Cecilia's Catholic Primary School, Balgowlah Update

St Cecilia's Catholic Primary School, Balgowlah has now amalgamated with St Kieran's Catholic Primary School, Manly Vale.

For further information about St Kieran's Catholic Primary School, Manly Vale, please visit the school website [HERE](#) or contact the school directly (02)7256 2131 or email skmv@dbb.catholic.edu.au. For Open Day or Tour Information, please [REGISTER HERE](#)

If you would like to enquire about the new St Paul's Catholic College Junior Campus, which will support Stage 3, Years 5 and 6 and is located on the Balgowlah site, please visit the school website [HERE](#) or contact the College directly via (02) 7256 2112 or email: stpauls@dbb.catholic.edu.au. For Open Day or Tour Information, please [REGISTER HERE](#)

PRAISE & PLAY

Q H P C P P V Z A C R O W D
K O U E L D M X X B N J F K
A I R D I S C I P L E S E C
A T E D O T H X G Z Q R J E
D R I N K G Q O B O Y I G P
G D W L N H E A R T S G P E
M O U N T A I N T R H H J D
E P D H B Z I S X Z A T U T
R M K P V L A Y N E A N I L
E X C I T E D U K X U S L T
R E W A R D Z A E A R T H Z
Y C N U P H A P P Y K A L Q
N N G U D U E H F Z U B Z M
F L P V S A T J X R J V U W

WORD SEARCH

Blessed are the poor in spirit.

TRY TO FIND THESE WORDS

crowd
disciples
drink
earth
excited
happy
hearts
mountain
pure
reward
right
sat

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Sharing the Gospel

Jesus taught the crowds of children. Be fair when playing with others. Follow the rules of the game. Take turns. Do not whine when you are not first. Be forgiving when others hurt you. Do not hit back. Find a different way to stop others from hurting you again. Be a peacemaker. Talk and talk and talk and talk until you come to a way to solve your problems in a peaceful way.

Prayer

Lord, help me forgive myself and others.

Mission

I will share my playtime with a friend.

©LPi

Promoting a safer *Church*

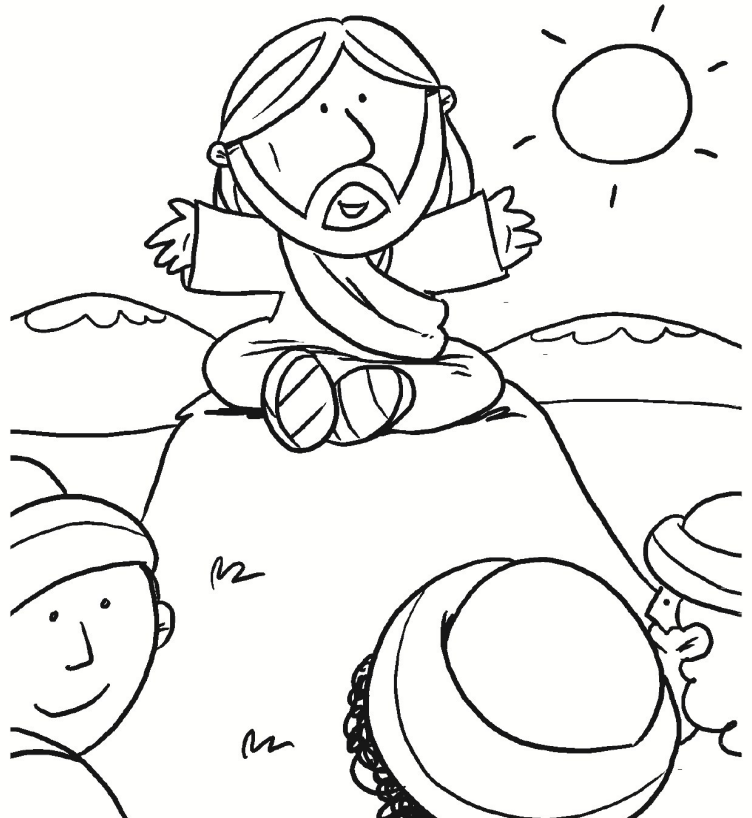
The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the LIFE of the Church.

SAFEGUARDING
is everyone's responsibility



COLOR

Read the Gospel of the week and color the image.





May I seek You, Lord, by praying to You
And let me pray to You by believing in You.
Confessions 1, 1
- St. Augustine of Hippo

NEXT WEEKEND (8 FEBRUARY 2026): 5TH SUNDAY IN ORDINARY TIME, YEAR A

	7 FEB, 5.30PM ST KIERAN'S	8 FEB, 7.30AM ST KIERAN'S	8 FEB, 9AM ST CECILIA'S	8 FEB, 9.30AM ST KIERAN'S	8 FEB, 5PM ST KIERAN'S
FIRST READING Isaiah 58:7-10 <i>Share with those in need and you will be rewarded.</i>	Senior Server Louise	Senior Server Michael	Senior Server Ilde/Eva	Senior Server Catherine	Senior Server Stephen
RESPONSORIAL PSALM Ps 111:4-9. R. v.4 <i>A light rises in the darkness for the upright.</i>	Readers John Edelvine Bob (R)	Readers Jenny Olivier	Readers Ana Stephanie	Readers Tania Sol Terry (R)	Readers Amy Sacha
SECOND READING 1 Corinthians 2:1-5 <i>Faith is a gift from God.</i>	Music Parish Choir	Music none	Music tba	Music tba	Music Amelia/Youth
GOSPEL ACCLAMATION John 8:12 <i>Alleluia, alleluia!</i> <i>I am the light of the world, says the Lord; the man who follows me will have the light of life.</i> <i>Alleluia!</i>	Communion Min Elizabeth-Anne Jo	Communion Min Paul Elsie	Communion Min Volunteer Needed Volunteer Needed	Communion Min Joseph Kathryn	Communion Min Carol Geraldine
GOSPEL Matthew 5:13-16 <i>Salt of the earth, light of the world.</i>	Powerpoint Volunteer needed	Powerpoint Lea	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 1 FEBRUARY

Mon 2 Feb: The Presentation of the Lord
Tue 3 Feb: Bl Stephen Bellesini (*Augustinian*)
Wed 4 Feb: Wednesday of the 4th Week in Ordinary Time, Year 2
Thu 5 Feb: St Agatha, virgin and martyr
Fri 6 Feb: St Paul Miki and companions, martyrs
Sat 7 Feb: Saturday of the 4th Week in Ordinary Time, Year 2

The Catholic Community of North Harbour



Under the Pastoral Care of the Augustinians

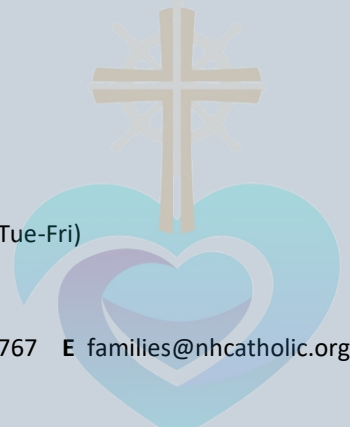
Catholic Diocese of Broken Bay www.bbcatholic.org.au

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 Hallaway M 0450 101 767 E families@nhcatholic.org.au
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Music Ministry: Marianne Kaw-Deveza E music@nhcatholic.org.au



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St Kieran's Catholic
Primary School



Principal:
Ms Margaret Holles



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Enrolling!

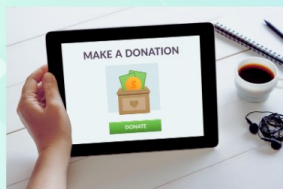
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CATHOLIC SCHOOLS BROKEN BAY
Co-educational pathways K - 12

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



THE CATHOLIC COMMUNITY OF
NORTH HARBOUR



CATHOLIC
DIOCESE OF
BROKEN BAY



AUGUSTINIAN
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(First Collection)



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GIVING
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PASTORAL WORKS
BROKEN BAY
(Diocesan Ministries)

Donations over \$2 to PWBB are tax deductible.
PWBB and Augustinian Appeal envelopes are also available at the
church entrances

SCAN ME



to
DONATE