



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



**8
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



5TH SUNDAY IN ORDINARY TIME

"Your light must shine before others, that they may see your good deeds and glorify your heavenly Father." - Mt 5:16

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

FIRST READING

Isaiah 58:7-10

*Share with those in need
and you will be rewarded.*

RESPONSORIAL PSALM

Ps 111:4-9. R. v.4

A light rises in the darkness for the upright.

SECOND READING

1 Corinthians 2:1-5

Faith is a gift from God.

GOSPEL ACCLAMATION

John 8:12

Alleluia, alleluia!

*I am the light of the world, says the Lord;
the man who follows me
will have the light of life.
Alleluia!*

GOSPEL

Matthew 5:13-16

Salt of the earth, light of the world.

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

✉ OFFICE@NHCATHOLIC.ORG.AU
📍 2 KING STREET, MANLY VALE 2093 NSW
🌐 WWW.BBCATHOLIC.ORG.AU/NORTHHARBOUR
📘 WWW.FACEBOOK.COM/NORTHHARBOURCATHOLICS
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WEBSITE



FACEBOOK PAGE

WHY DO WE DO THAT?

Catholic Life Explained

Question:

Are near-death experiences real?

Answer:

There is a lot of curiosity and fascination with the idea of an afterlife and communicating with those who have died. In movies, television shows, and numerous books, people make claims about their ability to communicate with the dead, or having had a near-death experience. There is no objective way to verify any of this. While details about people and events can be surprisingly accurate, it is just circumstantial evidence that might be explained in other ways.

On the other hand, when people have unusual experiences, sometimes called near-death or out-of-body, it is real to them. They react with the emotions and thoughts that one would expect. At times, they report details they could not have known any other way, such as bits of conversation, or meeting people they had never known in this life. So certainly, to the person, they experience something. We believe in a life after death, we believe in the communion of saints. These things are not a contradiction to faith, but we should not base our faith on them, nor change our beliefs. They are unexplained and will likely remain so. ©LPi

BRINGING HOME THE GOSPEL

We know from the Gospels that Jesus Christ is the light of the world. His goodness and love have the power to obliterate the darkness of fear, poverty and oppression. Matthew's Gospel reminds us that we share Christ's light. It is our gift as children of God, but it is not a gift meant to be stowed away or kept to ourselves.

With the light of Christ we are empowered to break through the darkness and share God's love and goodness with all those in need. We refuse to tolerate racist talk and we shine a light through prejudice. We gather food and send it to a food pantry, and we bring a light into the darkness of hunger and poverty. We bake some cookies, practice some songs, and bring our light to a nursing home—casting out, for at least a little while, the darkness of loneliness.

The light of Christ can be shared in all sorts of simple ways: a kind letter, a phone call, a smile, or a hug. Parents share their light with their children with every story they read and every tussle of their child's hair. And I know, firsthand, children share their light with us.

Yesterday was a bad day for me. Everything was going wrong. There were family problems and work worries, another book deadline, and some bigtime back pain. Then my son and daughter-in-law stopped by with my newest grandchild.

As I sat and rocked baby Julia and felt the wonderful weight of her four-month-old body across my chest, my body relaxed with a deep sense of peace. And when Julia brought her head back and looked at me, her beautiful smile lit up my day. Without even knowing it, Peter and Katie shared the light of their lives with me, by bringing Julia's gentle Christlight into my darkness.

FAMILY RESPONSE:

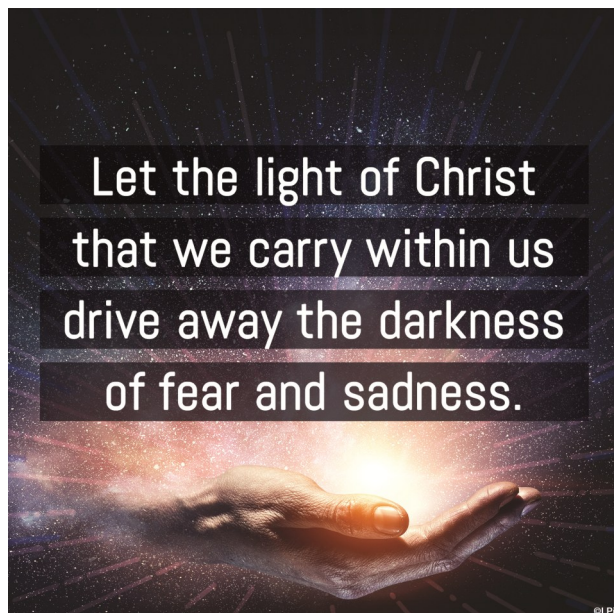
Talk about how Jesus wants you to be a light in the dark when people are in need or want. Ask family members to share a time when someone has been a light to them.

PERSONAL RESPONSE:

Consider the people in your life. Who could use a little of Christ's light in their lives? How can you be that light?

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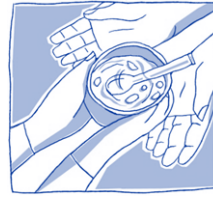
Let the light of Christ
that we carry within us
drive away the darkness
of fear and sadness.





WEEKLY SOCIAL JUSTICE CHALLENGES

The First Reading for Sunday is from the prophet Isaiah. We are challenged by God's Word: "Share your bread with the hungry, shelter the oppressed and the homeless; clothe the naked when you see them, and do not turn your back on your own" (Isaiah 58:7-8). Your challenge this week is to choose one of the following works of mercy to live out God's Word in the world: 1) go through your closets and donate good clothes to a homeless shelter; 2) go grocery shopping and buy several extra foodstuffs, then donate them to the local food bank or Catholic Charities; or 3) volunteer at a Habitat for Humanity build or donate money or resources to a homeless shelter.



CARE FOR CREATION TIPS

"Let your light shine before others, so that they may see your good works and give glory to your Father in heaven." — Matthew 5:16

Do you ever tire of trying to do the right things for the environment while wondering if it's making any difference?

Jesus urged his followers to keep doing the right things so that others might notice what they were doing and be inspired themselves. This week, be conscious that whatever good you do to care for the earth may be setting an example for others to follow, even if you'll never know it. Keep using public transit instead of driving, bring your cloth bag to the grocery store or your re-usable mug to the coffee shop, refuse the plastic straw at the restaurant, or put on a sweater instead of turning up the heat at home. Turn your efforts over to God and ask that they inspire others.

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PASTORAL CARE FOR THE HOMEBOUND

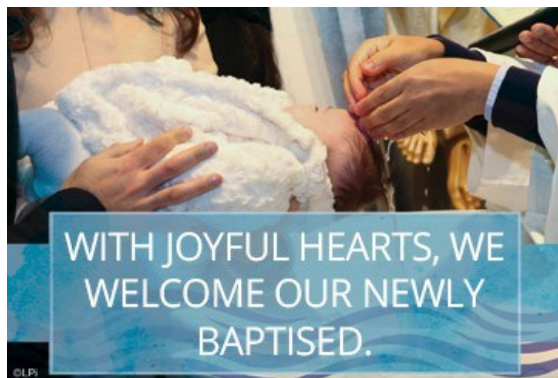
Our clergy and pastoral care ministers bring the sacraments of Eucharist, reconciliation, and anointing of the sick to parishioners who are unable to participate because of illness or aging. For more information and to arrange receiving the sacraments, contact Parish Office.

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



Oliver Benetazzo
Son of Andrea & Giordana

Tilly Grace and Rosie Matilda McCarthy
Daughters of Paul & Hayley

PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Winter Dale Reyes, 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:

John Ambrose Keating, Kevin Murphy, Margaret Walker, Karen Bailey,
Frank Kullenberg, Stella O'Riordan, Joe Foley

ANNIVERSARIES:

Pacita & Alfredo Bachiller, Margaret Treston,
Santo Severino, William Jewell, Corinne Jackson

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



Parish Social Justice Group

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

Our parish social justice framework focus is influenced by
Laudato Si

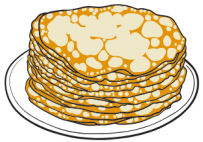
ACTIONS FOR FEBRUARY

LONG WALK FOR WATER

Join our parish fundraising page or sponsor our walkers to support Caritas. The Long Walk for Water is a Lenten activity for the whole family. By walking 30 minutes a day you will be helping to provide water to vulnerable communities. Join our parish team or you can sponsor our walkers by using the QR code.



SHROVE TUESDAY



Pancakes are on us! Join us on Shrove Tuesday 17th February from 5-6.30pm. at the Parish Centre, 2 King Street, Manly Vale as our French chef, Oli will be making crepes, with a choice of toppings. Everyone is welcome. A gold coin donation to Caritas.

Save the Date!

March 8th International Day of Women

Join us for morning tea with our quest speaker, local author

Anne McKeown

Sunday March 8th 10.30am

Join us at our next meeting

Monday 3rd March at 7pm

Parish Centre 2 King Street Manly Vale. All Welcome!

Congratulations Catherine

Congratulations Catherine O'Donnell on celebrating 5 years of service with the Manly Vale Conference of the St. Vincent de Paul Society. A dedicated member, she has generously participated in home visits and previously served as the Conference President. Through her prayerful, Christ-centred, and caring presence, she continues to offer invaluable support to both fellow members and those we serve. We thank God for her faithful witness and service.



Next Week:

Come along to the St Kieran's School Family Mass

5pm Sunday 15th of Feb

All are welcome to join us in the playground for supper afterwards!



EVERYONE WELCOME

Wine and Cheese Night

Join us for a warm evening of planning and information for Children's Liturgy Leaders!



Thurs February 19, 2026

7:00 - 8:30 p.m. St Kieran's Parish Centre 1

New members are welcome to hear about this wonderful ministry! Please rsvp to Ursula Halloway at families@nhcatholic.org.au

FIRST FRUITS OFFERING

Give Now

CLERGY & PARISHES
BROKEN BAY
North Harbour

Donate to our parish via the QR code, tap machines in the church foyers or placing money in the collection boxes below them

"Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume."

John 12:3

Stay connected with our church community!

Subscribe to Weekly Emails of the Bulletin & Runsheet



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[HTTPS://WWW.PACEM.APP/S/EMAIL-NEWSLETTER-CAMPAIGN](https://www.pacem.app/s/email-newsletter-campaign)

Vinnies Bin Update

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.



Please donate items to Vinnies Brookvale at 22 Roger St, Brookvale.



St Kieran's Catholic Primary School Manly Vale

OPEN DAY

Friday 13th March 2026
 9:30am - 10:30am & 4:30pm - 5:30pm

Discover a school that delivers an authentic, professional Catholic education, delivered with care and compassion



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Ms Margaret HOLLES
 Principal of St Kieran's

St Kieran's Manly Vale
 63 Gordon Street, Manly Vale, 2093
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Come celebrate Fr Abel's

90th
 Birthday

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

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
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 OUR MOTHER OF GOOD COUNSEL

COME AND SEE

WHAT MAKES
LIFE
 MEANINGFUL?



BROOKVALE, SYDNEY

March 29-April 5 2026

Volunteer with IMPACT

Join Palms International Volunteering [online](https://palms.org.au) in this special session where you'll learn about our [diverse assignments](#) suited to your qualifications. Hear from past Palms volunteers how skill-exchange makes a lasting impact in communities and changes lives.



Venue:

Online- Scan the QR or register at palms.org.au/events

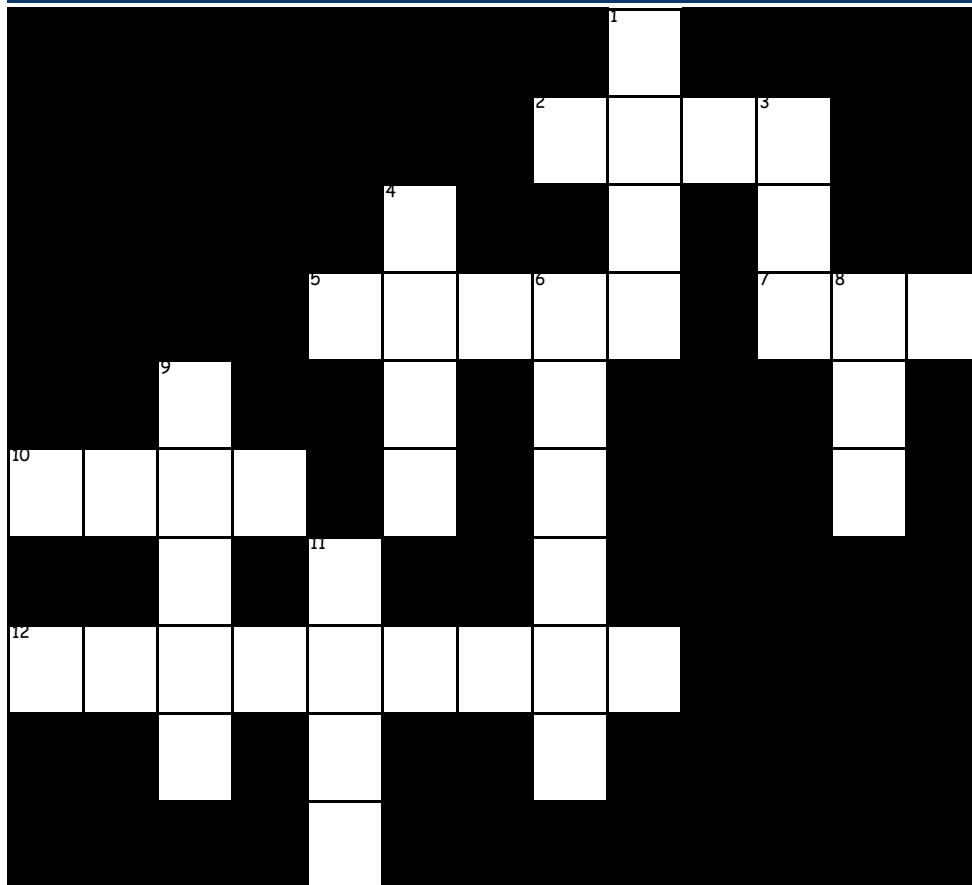
Date:

Thursday 19 February 2026

Time:

7 pm – 8:30 pm AEDT





CROSSWORD PUZZLE

You are like light for the whole world.

ACROSS

- 2: a light you can carry around
- 5: not dark
- 7: the opposite of bottom
- 10: you eat this when you are hungry
- 12: Jesus' friends

DOWN

- 1: Jesus told the disciples they were like ___ for everyone on earth
- 3: an indoor plant grows in this
- 4: a very large town
- 6: kept out of sight
- 8: the number before two
- 9: a place where you live
- 11: a small mountain

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Sharing the Gospel

Look around you at night in the dark. You can not see much. Then turn on a flashlight. Now you can tell where to walk without bumping into things. God wants you to be a ray of light. He wants you to show others his goodness and healing power. God wants you to warn others about evil. God wants you to lead others to heaven by your words and actions.

Prayer

Lord, let me be a light that teaches others about your goodness and mercy.

Mission

I will show others how to get to heaven by my words and actions. (Song: This little light of mine, I'm gonna let it shine.)

©LPi



COLOR

Read the Gospel of the week and color the image.





May God in His mercy grant that every day we may be troubled, tried, disciplined, or make some progress.

Sermon 16A, 12
- St. Augustine of Hippo

NEXT WEEKEND (15 FEBRUARY 2026): 6TH SUNDAY IN ORDINARY TIME, YEAR A

FIRST READING
Sirach 15:15-20
We may choose life or death.

RESPONSORIAL PSALM
Ps 118:1-2. 4-5. 17-18. 33-34.
R. v.1
Happy are they who follow the law of the Lord!

SECOND READING
1 Corinthians 2:6-10
God reveals his wisdom through the Spirit.

GOSPEL ACCLAMATION
See Matthew 11:25
Alleluia, alleluia!
Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.
Alleluia!

GOSPEL
Matthew 5:17-37
Jesus comes to fulfil the law.

14 FEB, 5.30PM
ST KIERAN'S

Senior Server
Stephen

Readers
Elizabeth-Anne
Terry
Rick (R)

Music
Filipino Choir

Communion Min
Jenny M
TBA

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

15 FEB, 7.30AM
ST KIERAN'S

Senior Server
Michael

Readers
Elsie
Jenny

Music
none

Communion Min
Lea
Olivier

Powerpoint
Joseph

Welcomers
Volunteers needed

15 FEB, 9AM
ST CECILIA'S

Senior Server
Ian

Readers
Phil
Sandra
Gai

Music
The Conmen

Communion Min
Volunteer Needed
Volunteer Needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

15 FEB, 9.30AM
ST KIERAN'S

Senior Server
Adrian

Readers
Dale
Fatima
Cathie (R)

Music
Caroline

Communion Min
Titus
Adriana

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

15 FEB, 5PM
ST KIERAN'S

Senior Server
Edelvine

Readers
Rodney
Jo
Christine (R)

Music
TBA

Communion Min
Catherine
Geraldine

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

OBSERVANCES FOR THE WEEK OF 8 FEBRUARY

Mon 9 Feb: Monday of the 5th Week in Ordinary Time, Year 2

Tue 10 Feb: St Scholastica, virgin

Wed 11 Feb: Wednesday of the 5th Week in Ordinary Time, Year 2

Thu 12 Feb: Thursday of the 5th Week in Ordinary Time, Year 2

Fri 13 Feb: Friday of the 5th Week in Ordinary Time, Year 2

Sat 14 Feb: Sts Cyril, monk, and Methodius, bishop

The Catholic Community of North Harbour



Under the Pastoral Care of the Augustinians

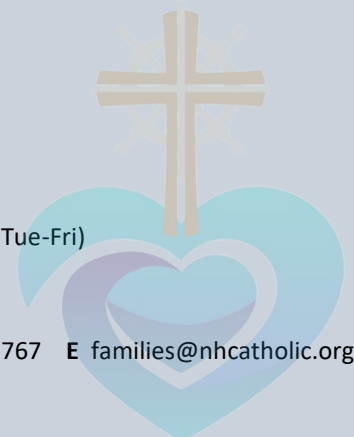
Catholic Diocese of Broken Bay www.bbcatholic.org.au

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!

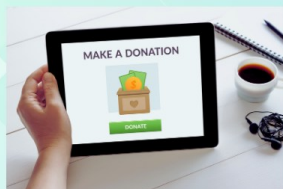
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Co-educational pathways K - 12

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continued support.
Thank You!



THE CATHOLIC COMMUNITY OF
NORTH HARBOUR



CATHOLIC
DIOCESE OF
BROKEN BAY



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