



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

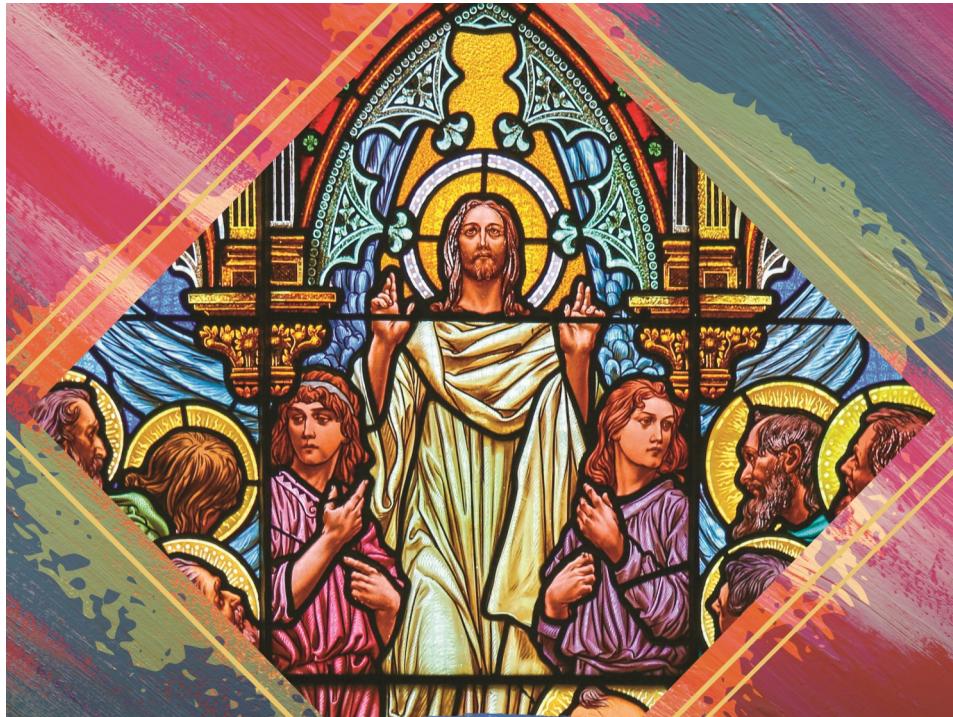


15
FEB
2026
YEAR A

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



6TH SUNDAY IN ORDINARY TIME

"I say to you, whoever is angry with his brother will be liable to judgment." - Mt 5:22a

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

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.

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

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2 KING STREET, MANLY VALE 2093 NSW
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(02) 9949 4455



WEBSITE



FACEBOOK PAGE

WHY DO WE DO THAT?

Catholic Life Explained

Question:

Why is the Church against stem cell research, especially if it offers the possibility of cures for diseases like Alzheimer's and Parkinson's?

Answer:

Like so many issues, the truth about stem cell research is more complicated than a few sound bites and vague promises of cures. For the Church, the problem is with *embryonic* stem cell research, not the research itself. The destruction of human life, even for a seemingly noble cause, is never acceptable. The ends cannot justify the means. Stem cells can be obtained in other ways, including from the placenta as well as from adults. So research is possible without the destruction of other life.

On the other hand, stem cell research shows much promise, but no concrete results. Some scientists also dispute what diseases might be cured by new discoveries. The research is still in its early stages. The question for our country is whether we should invest a lot of money in research now, looking for cures that will probably remain out of reach for most people, or should we invest that money in other programs with more immediate benefits, especially those that stress prevention and education. It is indeed a complex issue that requires close scrutiny and investigation before we jump to inaccurate conclusions or make decisions based on good, but misinformed, intentions. ©LPI

BRINGING HOME THE GOSPEL

In the first part of this reading Jesus seems to offer parents a freeway to the kingdom. It would seem the kingdom is ours if we live by the Ten Commandments and teach our children to do the same. However, as the reading goes on, Jesus tells us that his followers are challenged to do even more.

To be Jesus' followers, we are to live beyond the letter of the law. For example, it is not enough to say we won't hurt anyone physically (the fifth commandment). Jesus tells us we are not to hurt anyone emotionally either. We must curb our anger. We shouldn't insult others, and we certainly don't call them names. Finally, if we have hurt someone, we offer a sincere apology and try to make amends.

This is definitely a lesson we teach our children by example. All parents lose their tempers occasionally. Regrettably, when I was raising my children, it was more than occasionally. Fortunately, I learned the importance of saying I was sorry once things had calmed down; and to say it with more than words. I would try to take their hand or sit close to them making sure to look them in the eyes. I would tell them I was wrong, not in the dispute perhaps, but in the way I'd handled it.

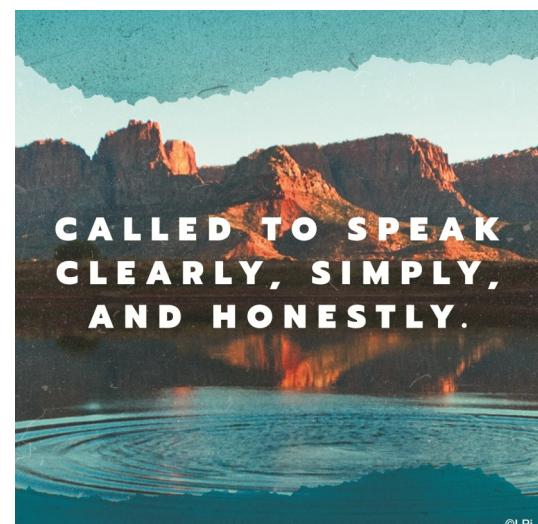
As time went on, I learned that by making myself admit I was wrong (something not easy for me to do) I became more aware of what triggered my temper. I learned to walk out of the room before exploding. And because I was modeling the behaviour, it was easier for me to make sure my children did the same. Teaching children to admit they are wrong and say they are sorry to a sibling certainly bring us, and them, a little closer to the kingdom.

FAMILY RESPONSE:

Ask each person to talk about the things that make them angry. Talk about how they feel when someone tells them they are sorry. Ask younger children to show you their happy faces and then their angry faces.

PERSONAL RESPONSE:

If losing your temper is a problem, try to figure out the root cause of your anger. There are usually other issues behind a quick temper. If you do not have "anger issues," write a prayer for those who do.



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WEEKLY SOCIAL JUSTICE CHALLENGES

The Gospel for Sunday is part of the Sermon on the Mount. Jesus is focusing on keeping the commandments. He emphasizes that the Fifth Commandment, "Thou shalt not kill," means more than not taking someone's life. It also means not being angry or destroying someone's self-esteem by calling them names. Your challenge this week is to look at your life and examine where you might have hurt someone—physically, emotionally through negative gossip, cyber criticism, or derogatory words, or even spiritually by giving bad example. Make a commitment to changing that hurtful behavior, say a prayer for the person you have hurt, and try to have the courage to ask forgiveness in person.

CARE FOR CREATION TIPS

"Before each person are life and death, and whichever one chooses will be given."
—Sirach 15:17

We are now beginning to reap what we have sown regarding environmental degradation. In our insatiable appetite for paper, plastic, gasoline, red meat, fish, food flown in from around the world, precious minerals, and irrigated green lawns, our society has been choosing diminishment and death for the natural world. God isn't cursing us with droughts, floods, melting glaciers, and global warming; they are the outcome of choices we have collectively made for decades now. Individual choices for conservation won't be enough now to reverse the consequences we have set into motion as a collective. This week, find a way to add your voice and efforts to a communal movement that chooses life over death in our environment.

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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



Baptism Preparation Courses for 2026

March 22
June 7
August 2
October 4
December 6

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:

June Cochrane, Margaret Walker, Karen Bailey, John Ambrose Keating,
Kevin Murphy

ANNIVERSARIES:

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

"Remember that you are dust, and to dust you shall return."

Ash Wednesday

18 February

Mass Times:

St Kieran's
8.30am, 7.30pm,
10am (School Mass)

St Cecilia's
9am



STATIONS OF THE CROSS

FRIDAYS DURING LENT
7:30PM, ST KIERAN'S

Join us for this time of prayer and reflection on the Passion and Death of Jesus on:

- 20 & 27 February
- 6, 13, 20 & 27 March



CARITAS AUSTRALIA PROJECT COMPASSION

Project Compassion Sunday

This Lent, we are called to Unite Against Poverty through Caritas Australia's Project Compassion.

Your generosity will enable Caritas Australia to provide life-changing support to vulnerable communities in need.

Donate via the project compassion boxes in the church foyer.

**DONATE
NOW**



**UNITE
AGAINST
POVERTY**
this Lent

 Caritas
AUSTRALIA

projectcompassion.org.au 1800 024 413 [@projectcompassion](https://www.instagram.com/projectcompassion)



AUGUSTINIAN FORMATION ASSOCIATION (AFA)

Hello Everyone and Happy New Year!

AFA will be holding their Annual General Meeting (AGM) on **MONDAY, 23RD FEBRUARY 2026 at 7PM** in the Parish Centre 1 at 2 King Street, Manly Vale. At the meeting all positions will be declared vacant, and a new Committee will be appointed on the night. If you would like to become a member of AFA or would simply like more information, please come along to the meeting or feel free to contact me prior to the meeting. **EVERYONE IS WELCOME** and it would be great to see some new people to share their ideas and suggestions to help fundraise and support our Augustinian Seminarians all around the world. There is no pressure to join the committee so just pop by and say hello and see what we are planning for the year ahead in terms of social and fundraising events. We will provide some cheese, nibbles and wine on the night so we hope you can join us.

Adriana Bowyer

AFA President

0402 099 746

albowyer@bigpond.com



Parish Social Justice Group

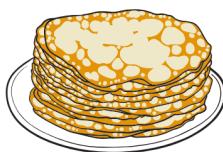
Faith in action - living the Gospel through justice and love.

Our parish social justice framework focus is influenced by Laudato Si

ACTIONS FOR FEBRUARY

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.



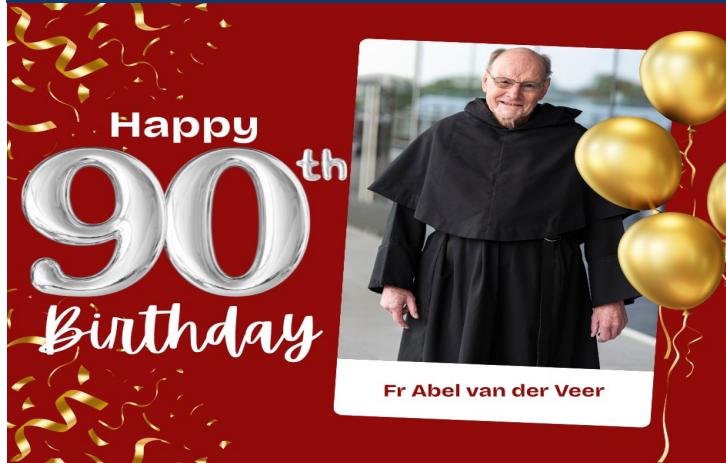
**UNITE 
AGAINST
POVERTY**
this Lent



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.

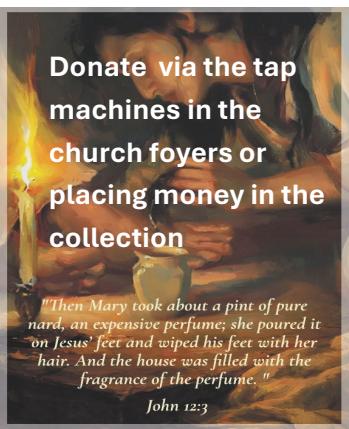
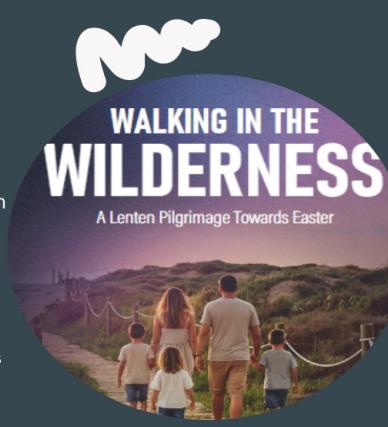
Join our parish team or you can sponsor our walkers by using the QR code.



Lenten Booklet

Prepare this Lent with a guided booklet in the church foyer.

Visit:
https://issuu.com/bbcatholic/docs/2026_lenten_resource_walking_in_the_wilderness



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

SUNDAY 22 FEB
ST CECILIA'S 9AM
ST KIERAN'S 9:30AM
 and
ST KIERAN'S 5:00PM

Morning tea after the 9am St Cecilia's Family Mass in the school playground.
 A light supper after the 5pm mass.



Fr Tony's News Appearance!

Watch Fr Tony speak about his time with Pope Leo on Youtube:
<https://www.youtube.com/watch?v=5yfLD37UDmY>



Pope's Aussie Mate Reveals His Election Surprise | 10 News+

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

Prayer Intentions

Please pray for:

Our children and their families preparing for First Reconciliation

Our Catechists as they begin their classes for the new year

Our RCIA Catechumens preparing for Baptism, other Sacraments and the Rite of Election at Waitara Cathedral on February 22nd

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.



SCAN TO SUBSCRIBE!
[HTTPS://WWW.PACEM.APP/S/EMAIL-NEWSLETTER-CAMPAGN](https://www.pacem.app/s/email-newsletter-campaign)

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

WORD SEARCH																													
B	E	M	D	U	J	A	W	H	A	N	G	R	Y	H	Love your enemies.														
I	G	R	I	J	O	K	C	R	M	X	U	L	Q	A	TRY TO FIND THESE WORDS:														
G	P	A	N	B	Q	F	E	L	E	S	K	E	D	W	altar														
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R	E	M	E	M	B	E	R	W	B	P	R	U	M	L	offer														
I	H	P	A	T	A	G	R	O	F	F	E	R	Y	E	peace														
F	C	O	Q	N	J	Y	L	A	Z	O	H	J	P	S	person														
L	U	L	E	A	V	E	I	E	C	X	U	W	A	D	remember														
A	K	M	B	F	E	V	H	M	P	E	R	S	O	N	someone														

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Sharing the Gospel

Your mother looks at your messy room. She says, "You promised me that you would clean it up." You make up excuses: "My favourite television show came on." "My friend wanted me to play." "Grandma called on the phone."

Your mother feels hurt when you break a promise. It hurts God, too. Keeping your promise takes courage. Say "No" to things that try to make you break it. God will smile on you.

Prayer

Lord, help me keep my promises to do good things.

Mission

I will keep every promise that I make. I will not make flimsy excuses.

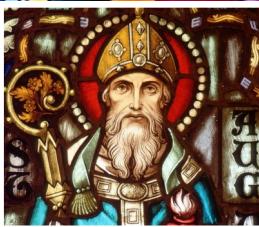
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COLOR

Read the Gospel of the week and color the image.





Lord, You are never new and never old. Yet You give new life to all things.

Confessions 1, 4

- St. Augustine of Hippo

NEXT WEEKEND (22 FEBRUARY 2026): 1ST SUNDAY OF LENT, YEAR A

FIRST READING Genesis 2:7-9; 3:1-7 <i>The Lord creates man and the garden of Eden.</i>	21 FEB, 5.30PM ST KIERAN'S <i>Senior Server</i> Louise	22 FEB, 7.30AM ST KIERAN'S <i>Senior Server</i> Anna	22 FEB, 9AM ST CECILIA'S <i>Senior Server</i> Antoinette	22 FEB, 9.30AM ST KIERAN'S <i>Senior Server</i> Joseph	22 FEB, 5PM ST KIERAN'S <i>Senior Server</i> tba
RESPONSORIAL PSALM Ps 50:3-6. 12-14. 17. R. see v.3 <i>Be merciful, O Lord, for we have sinned.</i>	Readers Val Ronda Leonie (R)	Readers Tim Elsie Lea (R)	Readers Sacha/Amy Christine Cathy ®	Readers Kaye Anne	Readers Christine Geraldine Leanne (R)
SECOND READING Romans 5:12-19 <i>Jesus has atoned for Adam's sin.</i>	Music Parish Choir	Music none	Music Love Thy Ngbr	Music TBA	Music Emmanuel
GOSPEL ACCLAMATION Matthew 4:4 <i>Praise to you, Lord Jesus Christ, king of endless glory! No one lives on bread alone, but on every word that comes from the mouth of God. Praise to you, Lord Jesus Christ, king of endless glory!</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 4:1-11 <i>Jesus is tempted by the devil in the desert.</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 15 FEBRUARY

Mon 16 Feb: Bl Simon of Cascia (*Augustinian*)

Tue 17 Feb: St Scholastica, virgin

Wed 18 Feb: Ash Wednesday

Thu 19 Feb: Thursday After Ash Wednesday

Fri 20 Feb: Friday After Ash Wednesday

Sat 21 Feb: Saturday After Ash Wednesday

The Catholic Community of North Harbour



Under the Pastoral Care of the Augustinians Catholic Diocese of Broken Bay www.bbcatholic.org.au

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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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Thank You!



THE CATHOLIC COMMUNITY OF
NORTH HARBOUR



AUGUSTINIAN
CLERGY
(First Collection)



PARISH
GIVING
(Second Collection)



CATHOLIC
DIOCESE OF
BROKEN BAY

PASTORAL
WORKS
Broken Bay

PASTORAL WORKS
BROKEN BAY
(Diocesan Ministries)

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PWBB and Augustinian Appeal envelopes are also available at the
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