



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



**22
FEB
2026
YEAR A**

Under the Pastoral Care of the Augustinians

Catholic Diocese of Broken Bay

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TO ACCESS THE
SUNDAY READINGS



1ST SUNDAY OF LENT

The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." - Mt 4:3

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

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

EMAIL OFFICE@NHCATHOLIC.ORG.AU
LOCATION 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:

What does Jesus mean when he talks about taking up our cross?

Answer:

Our journey of faith begins in baptism. When we are faithful to it, we find God's plan for us, his way of allowing us to participate in his saving work, which in turn becomes for us our own salvation. Stated simply, we share in the mission of Jesus each day. We live our life with all of its ups, downs, joys, and sorrows in union with the mission of Jesus. Our work then is holy. It is joined to the cross, God's will for Jesus — the way in which he destroys sin and death and makes eternal life possible. His sacrifice accomplishes what we ourselves cannot do.

To take up the cross, then, means that we share in the mission of Jesus and so embrace the sufferings of the cross. It is our daily life made holy, given a redemptive mission. It is our purpose and goal to unite our life to that of Christ. St. Paul says it best, "If we have grown into union with him through a death like his, we shall also be united with him in the resurrection" (Rom 6:5).

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BRINGING HOME THE GOSPEL

Temptation is a part of life. Everyone must deal with it, even Jesus. One of our jobs as parents is to help our children develop a right conscience so they can face temptation. I remember when my young children were watching the movie Pinocchio and I was wishing my children had their own Blue Fairy.

There is a very solemn scene in the movie where the Blue Fairy asks Jiminy Cricket to kneel as she dubs him the "Lord high-keeper of right and wrong, counselor in moments of temptation." Wouldn't it be great if all our children were given tiny umbrella-wielding consciences to keep them on the straight and narrow?

As Christians, we have very definite ideas of what is right and wrong. We are called to value others as much as we value ourselves and to value ourselves as much as God values us.

We can try to help our children internalise this message by taking the time to listen and ask questions as they unpack their good deeds and bad. Why did they do what they did? How did they feel? Did the action help or hurt others or themselves? How was the action wrong or right? We will do well if we teach our children to ask themselves these questions before they act.

We play the role of Jiminy Cricket for the first few years of our children's lives. We are the outside voice that points out right from wrong, until, we hope, like Pinocchio, they learn from their mistakes and successes and begin to listen to the quiet voice inside.

Then, like that little wooden boy, they, too, are on their way to becoming all their Creator hopes they will be.

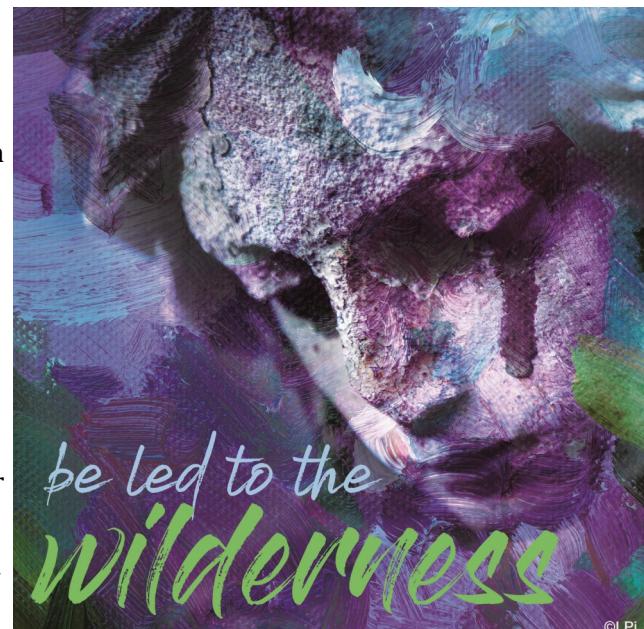
FAMILY RESPONSE:

Have family members talk about what they think they will be like in ten years. What do they think God would want them to be like in ten years?

PERSONAL RESPONSE:

Write down your response to the Family Response. What do you think your life will be like in ten years? How do you feel about your response?

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WEEKLY SOCIAL JUSTICE CHALLENGES

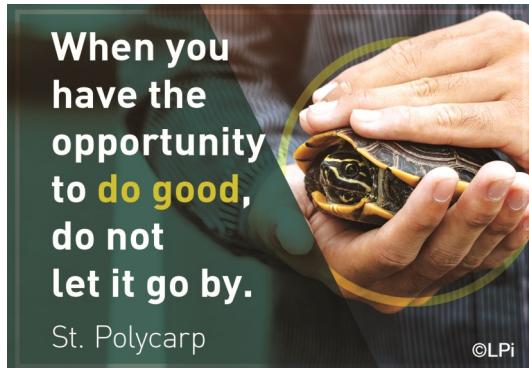
The Gospel recounts Jesus' experience of being tempted by the devil after 40 days of retreat in the desert. Jesus was tempted to indulge in physical satisfaction (eating bread), ego satisfaction (throwing himself off the temple to be saved by angels), and the satisfaction of power (having the world at his feet if he worshipped the devil). Your challenge this week is to take a serious look at the power you hold over other people—your children or parents, your colleagues at work or school, your friends. Do you use your power in a holy way? Do you ever abuse your power? Pray this week that you always remember that only God really has the power. Remind yourself that you are called to use the power entrusted to you to serve others in the same way Jesus did.

CARE FOR CREATION TIPS

"The LORD God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the LORD God made grow every tree that was delightful to look at and good for food." —Genesis 2:8-9

Pope Francis wrote that there is "mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face" (Laudato Si' 232). This week, take time to consciously look for nature around you, whether you live near a forest, you farm the land you live on, you can watch the sunrise over the ocean, or you simply have a pot of African violets growing on your windowsill in an apartment. Maybe you will notice tenacious weeds growing through the cracks in the sidewalk. As often as you can, thank God for the marvels of creation.

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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



Grace Audrey Mallett
Daughter of Christopher & Claire

Zavier Lucas Moore
Son of Luke & Monika

Keyo Java & Daisy Kyla Marshall
Children of Jan & Lily

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:

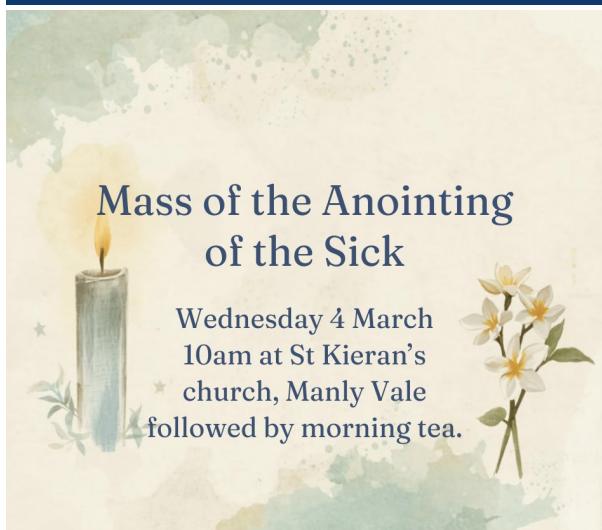
Thomas Vu Dang Quoc Bao, Antoni Szczur, Denis McKeogh, Daniel Pedro Firme, June Cochrane, Margaret Walker

ANNIVERSARIES:

John David Granelli

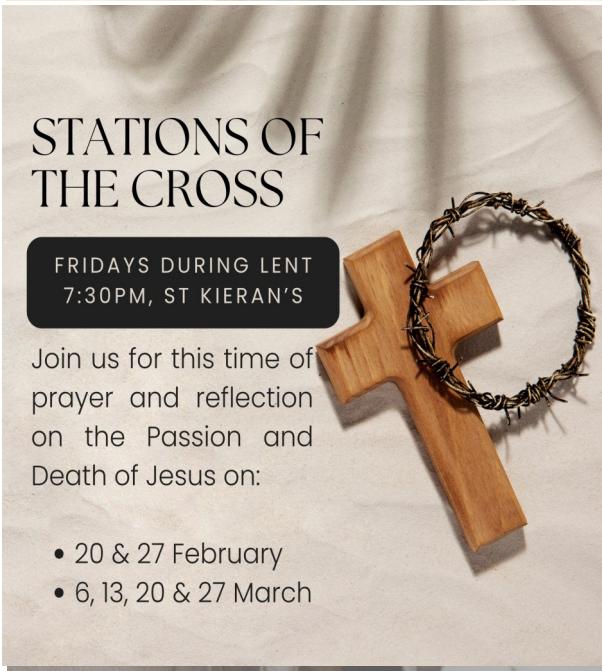
Our community would love to pray for you.

If you have an intention you would like to be included in this bulletin please e-mail office@nhcatholic.org.au



Mass of the Anointing of the Sick

Wednesday 4 March
10am at St Kieran's church, Manly Vale
followed by morning tea.



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.

UNITE AGAINST POVERTY this Lent

DONATE NOW 

projectcompassion.org.au 1800 024 413 #projectcompassion

Caritas AUSTRALIA

Fr Abel's 90th Birthday Celebration

Fr Abel would like to express his gratitude to all who honoured him with their attendance at last Sunday's 9.30am mass, for his 90th birthday, at the celebratory morning tea afterwards, and to all who sent cards and gave gifts of various kinds. Fr Abel has been greatly blessed.



Shrove Tuesday

The evening was such a wonderful community event in preparation for Lent. We thank the Parish Social Justice Group, especially our French Chef, Oli for making delicious crepes.



Nationwide Holy Hour

Sunday 1 March

Blessed Sacrament exposed
after St Kieran's 5pm Mass

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



WORLD DAY OF PRAYER

Service will be held at
St Mary's Parish Hall Manly

Friday 6th March 2026

All are welcome

PARISH OFFICE UNATTENDED ON 4 MARCH

The parish office will be unattended on Wednesday 4 March due to a Parish Personnel Lenten Retreat. We apologise for the inconvenience.

BISHOP'S LENTEN LETTER

LENTEN PENANCE: Lent is a season of preparation for Easter, calling the faithful to conversion, prayer, and renewal. Through reflection on Baptism, penance, and spiritual practices, Catholics follow Christ into the "desert" to grow in grace and hope.

DAYS OF PENANCE: Ash Wednesday and Good Friday require fasting and abstinence, with Fridays of Lent observed through prayer, self-denial, or acts of charity. These practices should be approached with moderation, especially for those with health needs.

PASCHAL PRECEPT: Catholics must receive Holy Communion at least once annually between Ash Wednesday and Trinity Sunday (31 May 2026). All the faithful who have reached the age of discretion (seven years old) are obliged to confess their grave sins at least once a year supported by parish prayer and sacramental opportunities.

Discover the full letter on our Facebook page.



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

International Day of Women

Join us for morning tea with inspiring guest speakers.,

This years theme, "Balance the Scales " invites us to reflect on dignity, safety, respectful relationships and practical ways we can support women in our community. Come for a cuppa, stay for conversation, connection, and a shared commitment to positive change

Sunday March 8th 10.15am



Justice & Peace Gathering

NORTHERN BEACHES

Justice & Peace Meet & Greet will take place on

Monday 2nd March at 7.00 pm

St Kieran's Parish Hall, 2 King Street, Manly Vale.



Drinks & Nibbles Provided!



All Are Welcome!



Connect & Share!

An informal evening to connect with others who have a heart for justice, peace, and the dignity of every person.

Meet fellow parishioners, social justice volunteers, St Vincent de Paul members & young adults from a Northern Beaches!

RSVP to: Michelle.chahine@bbcatholic.org.au

All are welcome! Feel free to invite others along!

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

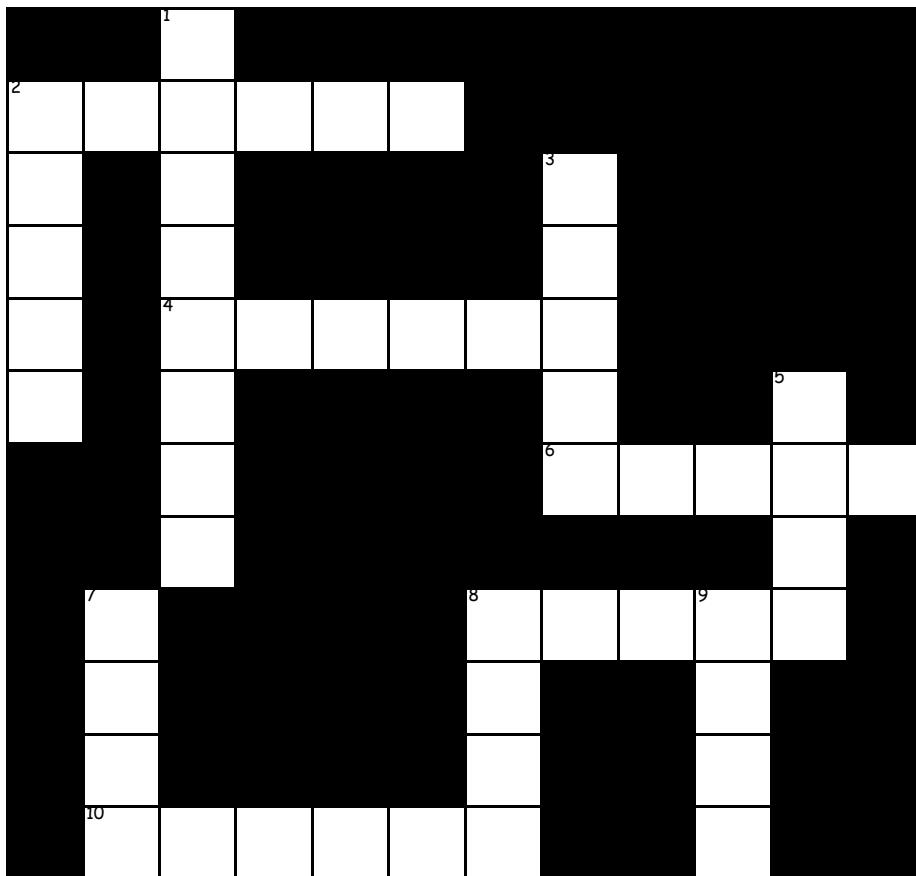
DON'T MISS OUT

St Kieran's Manly Vale

Ms Margaret HOLLES
Principal of St Kieran's

Scan here to register

St Kieran's Manly Vale
63 Gordon Street, Manly Vale, 2093
02 7256 2131 | skmv@dbb.catholic.edu.au



CROSSWORD PUZZLE

Jesus fasts and is tempted by the devil.

ACROSS

- 2: the devil told Jesus to turn these into bread
- 4: a place to worship God
- 6: he tested Jesus in the desert
- 8: Jesus did not eat for this many days and nights
- 10: a barren, sandy environment

DOWN

- 1: a very tall, large land mass
- 2: another name for the devil
- 3: a common food made from wheat
- 5: a large area with many people and buildings
- 7: you eat this when you are hungry
- 8: these have toes on them
- 9: an exam

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Sharing the Gospel

Three times the devil tempted Jesus. Three times Jesus said, "No." When you are tempted to say, "Yes," to something you know is wrong, ask God to give you the power to say, "No." Imagine an angel sitting on your shoulder chanting: Say, "No." Just say, "No. No. No." There are many more good ways to get something than there are bad ways. Ask God to show you the good way.

Prayer

Lord, help me say "No" to evil and "Yes" to your loving ways.

Mission

I will say "No" when I am tempted to do something bad.

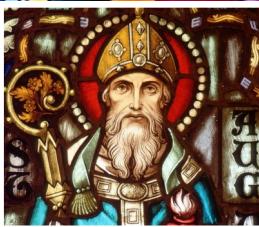
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COLOR

Read the Gospel of the week and color the image.





Lord, You are never needy, yet You are pleased with gain. You are never covetous, yet You exact interest on all You give us.

Confessions 1, 4
- St. Augustine of Hippo

NEXT WEEKEND (1 MARCH 2026): 2ND SUNDAY OF LENT, YEAR A

FIRST READING Genesis 12:1-4 <i>Abram leaves home receiving promises from the Lord.</i>	28 FEB, 5.30PM ST KIERAN'S Senior Server David Readers Caterina Val Cecilia (R) Music Parish Choir	1 MAR, 7.30AM ST KIERAN'S Senior Server Jo Readers Jenny Joseph Pauline (R) Music none	1 MAR, 9AM ST CECILIA'S Senior Server Ilde Readers Michael H Michael C Pauline Music TBA	1 MAR, 9.30AM ST KIERAN'S Senior Server Michael Readers Tania Brian Kate (R) Music Harvest	1 MAR, 5PM ST KIERAN'S Senior Server Kevin Readers Gerry Caroline Catherine (R) Music Ben
RESPONSORIAL PSALM Ps 32:4-5. 18-20. 22. R. v.22 <i>Lord, let your mercy be on us, as we place our trust in you.</i>					
SECOND READING 2 Timothy 1:8-10 <i>Following the Gospel entails some hardship.</i>					
GOSPEL ACCLAMATION Matthew 17:5 <i>Glory and praise to you, Lord Jesus Christ!</i> <i>From the shining cloud the Father's voice is heard: this is my beloved Son, hear him.</i> <i>Glory and praise to you, Lord Jesus Christ!</i>					
GOSPEL Matthew 17:1-9 <i>Jesus is transfigured before Peter, James, and John.</i>					

OBSERVANCES FOR THE WEEK OF 22 FEBRUARY

Mon 23 Feb: Monday of the 1st week of Lent
Tue 24 Feb: Tuesday of the 1st week of Lent
Wed 25 Feb: Wednesday of the 1st week of Lent
Thu 26 Feb: Thursday of the 1st week of Lent
Fri 27 Feb: Friday of the 1st week of Lent
Sat 28 Feb: Saturday of the 1st week of Lent

The Catholic Community of North Harbour



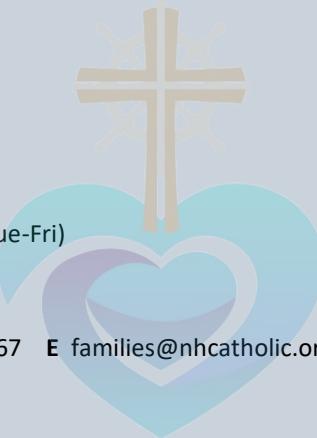
Under the Pastoral Care of the Augustinians Catholic Diocese of Broken Bay www.bbcatholic.org.au

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
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St Kieran's Catholic Primary School



Principal:
Ms Margaret Holles



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Thank You!



THE CATHOLIC COMMUNITY OF NORTH HARBOUR



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PASTORAL WORKS
Broken Bay

PASTORAL WORKS BROKEN BAY
(Diocesan Ministries)

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PWBB and Augustinian Appeal envelopes are also available at the church entrances