



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
MAR
2026
YEAR A

Under the Pastoral Care of the Augustinians

Catholic Diocese of Broken Bay

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TO ACCESS THE
SUNDAY READINGS



2ND SUNDAY OF LENT

His face shone like the sun and his clothes
became white as light. - Mt 17:2

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

FIRST READING

Genesis 2:7-9; 3:1-7

The Lord creates man and the garden of Eden.

RESPONSORIAL PSALM

Ps 50:3-6. 12-14. 17. R. see v.3

Be merciful, O Lord, for we have sinned.

SECOND READING

Romans 5:12-19

Jesus has atoned for Adam's sin.

GOSPEL ACCLAMATION

Matthew 4:4

*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!*

GOSPEL

Matthew 4:1-11

Jesus is tempted by the devil in the desert.

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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FACEBOOK PAGE

WHY DO WE DO THAT?

Catholic Life Explained

Question:

What is the Christian attitude towards violent conflicts?

Answer:

In the Beatitudes, Jesus teaches us “Blessed are the peacemakers” and to “love your enemies.” All human beings are made in God’s image and likeness. We are one human family — brothers and sisters despite what divides us. Christians have the obligation to prioritize peaceful means to resolve conflicts. War wreaks a toll on a nation. Civilians bear a disproportionate burden of this cost during the war itself and as the nation rebuilds. However, those in authority have the obligation to protect the innocent.

During the gradual fall of the Roman Empire, theologians began to theorize that war could be just if it was a defensive measure of last resort. The “Just War Theory” was later expanded by St. Thomas Aquinas, who also included moral obligations during the war itself, including the protection of civilians. Those in public authority have the obligation to carefully examine their motives, agendas, and rationale for violent force. Should a cause be just, those who fight and defend under such circumstances must be valued and honored. They deserve our support both during and after the war. ©LPi

BRINGING HOME THE GOSPEL

I was always after a mountaintop experience for our family. I can’t tell you how many vacations I planned envisioning our whole family arm-in-arm declaring, “How good it is to be here!” It never happened. I remember one vacation in particular that I looked forward to for months.

Four of our five children were teenagers. With seven different schedules we hardly ever saw each other. I longed for a week away together, playing board games and enjoying each others’ company. I just knew that Disney World would be that dream vacation, so we piled into our old blue van and headed for the famed “Space Mountain.”

Nothing turned out as I had pictured it. The four teens spent a great deal of their time in the “Sunshine State” napping. When we finally got to the Magic Kingdom, my suggestions that we stay together went unheard. The kids took off like marbles dropped on concrete. I felt lucky to snap a picture or two whenever we regrouped.

That was the story of the whole week. The kids would go off in twos or threes to swim or hang out. Even our nine-year-old walked at least six feet behind us. I was pretty miserable. Where was all our together time? Finally, I began to realise that all those weeks I was planning how *I* wanted to spend our family vacation, but the kids had different ideas.

Once I let go of my particular plan, I began to have fun. We even managed to play one or two board games. And we took great pictures. My favourite is of our five children, arm in arm, all wearing big grins and Mickey Mouse ears. Today, whenever I look at that picture I realize we can’t force a mountaintop experience, but sometimes if we just let go, it may happen.

FAMILY RESPONSE:

Have family members talk about one of their favourite vacations together as a family. You might have them draw or write down their thoughts beforehand.

PERSONAL RESPONSE:

What was the last mountaintop experience you remember having either by yourself or with your family?

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WEEKLY SOCIAL JUSTICE CHALLENGES

Sometimes we begin Lent with the best intentions, only to find that work, family, and daily pressures quickly take over. Before long, we're already in the Second Week of Lent and our plans for prayer, good works, or small sacrifices haven't quite taken shape. But the beauty of Lent is that it's never too late to start again.

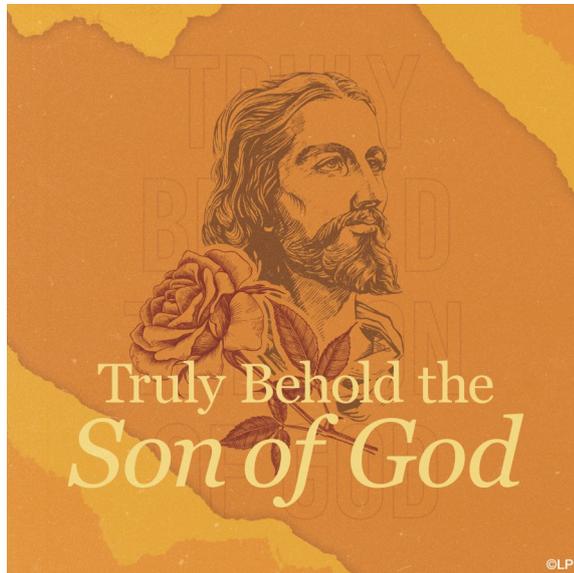
Project Compassion, through Caritas Australia, gives us a simple and meaningful way to reconnect with the heart of the season. By placing into your Project Compassion box the money you might have spent on an extra coffee, a snack, or a small treat, you're choosing a sacrifice that directly supports vulnerable communities here and overseas. Caritas also provides stories and reflections that help us pray and stay mindful of those we're walking with.



CARE FOR CREATION TIPS

During the Lenten season, we traditionally focus on three aspects of our faith: prayer, fasting, and almsgiving. Consider how these could be oriented toward care for creation. Pray for those impacted by pollution, drought, and other negative impacts on the environment. Fast from some behaviors that contribute to these kinds of impacts. Give alms to an organization that works for the care of the environment or serves those in need because of environmental changes.

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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



PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

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

RECENTLY DECEASED:

Mary Agnes Murrin, Noel Brown, Thomas Vu Dang Quoc Bao, Antoni Szczur, Denis McKeogh, Daniel Pedro Firme

ANNIVERSARIES:

Carmelo De Lorenzo, Jessimine Wilson, Niko Seput

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

Lara Catherine Fuavao
Daughter of Mokani & Emma Jane

Charlotte Louise Wyatt Lloyd
Daughter of Benjamin & Melissa

Hazel Grace Alderson
Daughter of Alexander & Courtney

Mass of the Anointing of the Sick

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



Catechists needed for the following classes:

- Wed 1-1:30pm Seaforth PS Yr 1 (18 students)
 - Thurs 1:40-2:10 pm Balg Nth PS Y 3 (14 students)
 - Thurs 2:10-2:40pm Balg Nth PS Yr 1 and Yr 2 (15 and 23 students)
- Training provided.



Contact Ursula Halloway on 0423 595 204

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



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

Join us at our next meeting
Monday 2nd March at 7pm

Parish Centre 2 King Street Manly Vale. All Welcome!

[ACTIONS FOR March](#)

Be part of something new!

Join us for our first **NORTHERN BEACHES JUSTICE AND PEACE GATHERING** on **Monday 2nd March, 7pm** in the Parish Centre.

We are thrilled to welcome Michaelle Chahine (Justice and Peace Facilitator, Diocese of Broken Bay). This is a wonderful opportunity to meet other social justice groups and volunteers, share what's happening in local parishes, listen, reflect, and be encouraged as we explore ways to support one another.. This is a an opportunity not to be missed. Come and see. All are welcome.

Scan QR code on front page of bulletin for Sunday Readings



WORLD DAY OF PRAYER 2026



World Day of Prayer 2026
Focus on **Nigeria**

10am Friday, 6th March
St Mary's Manly Parish Hall
Theme: "I Will Give You Rest: Come" Matthew 11:28-30
All are welcome.

Website link:
<https://www.worlddayofprayeraustralia.org/wdp/>



International Day of Women

Join us for morning tea with inspiring quest 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

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.

UNITE AGAINST POVERTY
this Lent



Nationwide Holy Hour

Sunday 1 March
Blessed Sacrament exposed
after St Kieran's 5pm Mass



TIME OF Reconciliation

5-5.30pm Saturdays
St Kieran's Church, Manly Vale



The Lenten season invites the healing, hope and peace offered through the Sacrament of Confession. Embrace the spiritual renewal and encounter God's mercy.

Vietnam Pilgrimage 2026



Fr Tan will be leading a group of 15 to 20 people on a faith journey to Vietnam for 2 weeks from 26 October to 10 November 2026.

The guided tour includes significant Catholic sites and tourist destinations from Saigon to Hanoi.

Those who have previously expressed an interest to Fr Tan for such a journey have already been included and there are currently only 6 spots available.

For itinerary, costs and details, please contact Adriana Bowyer on 0402 099 746 or Maryanne Guy on 0413 817 786.

As soon as numbers are finalised, we can secure bookings for this wonderful experience.

Have a blessed week.

Adriana & Maryanne
On behalf of Fr Tan

Parish Lenten Recollection



Reflection on St Francis of Assisi:

- Wednesday, 25 March
St Kieran's Parish Centre
- Light supper at 7pm
- Recollection begins at 7.30pm
- Speaker: Fr David Leary, OFM

Theme: A reflection on St Francis of Assisi, in light of Pope Leo XIV declaring this year a special jubilee for the 600th anniversary of St Francis' Transitus.



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!

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



WALKING IN THE WILDERNESS

A Lenten Pilgrimage Towards Easter






St Kieran's
Catholic Primary School Manly Vale

OPEN DAY

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

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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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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.

Sharing the Gospel

Peter, James, and John had walked up the mountain with Jesus. When they got to the top, Jesus looked different. Rays of bright light came from his face. His robes became white. Then a voice from a cloud said, "This is my Son whom I love. In him I am well pleased. Listen to him." The three apostles were scared and fell on the ground and covered their heads with their arms. Then Jesus touched them and said, "Don't be afraid."

Prayer

Lord, help me when I am afraid.

Mission

When I am afraid, I will remember that God is always with me.

©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.





*O truly full of grace! Who can explain this grace?
Who is able to give thanks for this grace?*
Sermon 290, 5
- St. Augustine of Hippo

NEXT WEEKEND (8 MARCH 2026): 3RD SUNDAY OF LENT, YEAR A

<p>FIRST READING Exodus 17:3-7 <i>The Israelites complain to Moses in the desert.</i></p> <p>RESPONSORIAL PSALM Ps 94:1-2. 6-9. R. v.8 <i>If today you hear his voice, harden not your hearts.</i></p> <p>SECOND READING Romans 5:1-2. 5-8 <i>Christ laid down his life for us.</i></p> <p>GOSPEL ACCLAMATION See John 4:42. 15 <i>Glory to you, Word of God, Lord Jesus Christ!</i> <i>Lord, you are truly the Saviour of the world; give me living water, that I may never thirst again.</i> <i>Glory to you, Word of God, Lord Jesus Christ!</i></p> <p>GOSPEL John 4:5-42 <i>Jesus meets the Samaritan woman at the well.</i></p>	<p>7 MAR, 5.30PM ST KIERAN'S</p> <p>Senior Server Louise</p> <p>Readers Edelvine Bob John (R)</p> <p>Music tba</p> <p>Communion Min Volunteer Needed Volunteer Needed</p> <p>Powerpoint Volunteer needed</p> <p>Welcomers Volunteers needed</p>	<p>8 MAR, 7.30AM ST KIERAN'S</p> <p>Senior Server Michael</p> <p>Readers Pauline Olivier Jenny (R)</p> <p>Music none</p> <p>Communion Min Volunteer Needed Volunteer Needed</p> <p>Powerpoint Lea</p> <p>Welcomers Volunteers needed</p>	<p>8 MAR, 9AM ST CECILIA'S</p> <p>Senior Server Ilde</p> <p>Readers Maria Larissa Gabrielle</p> <p>Music tba</p> <p>Communion Min Volunteer Needed Volunteer Needed</p> <p>Powerpoint Volunteer needed</p> <p>Welcomers Volunteers needed</p>	<p>8 MAR, 9.30AM ST KIERAN'S</p> <p>Senior Server Catherine</p> <p>Readers Sol Terry Tania (R)</p> <p>Music tba</p> <p>Communion Min Volunteer Needed Volunteer Needed</p> <p>Powerpoint Volunteer needed</p> <p>Welcomers Volunteers needed</p>	<p>8 MAR, 5PM ST KIERAN'S</p> <p>Senior Server Stephen</p> <p>Readers Sacha/Amy or Youth</p> <p>Music Amelia/Youth</p> <p>Communion Min Volunteer Needed Volunteer Needed</p> <p>Powerpoint Volunteer needed</p> <p>Welcomers Volunteers needed</p>
	<p>OBSERVANCES FOR THE WEEK OF 1 MARCH</p> <p>Mon 2 Mar: Monday of the 2nd week of Lent Tue 3 Mar: Tuesday of the 2nd week of Lent Wed 4 Mar: Wednesday of the 2nd week of Lent Thu 5 Mar: Thursday of the 2nd week of Lent Fri 6 Mar: Friday of the 2nd week of Lent Sat 7 Mar: Saturday of the 2nd week of Lent</p>				

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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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

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Thank You!



THE CATHOLIC COMMUNITY OF NORTH HARBOUR



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