

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



**3
MAR
2024**
YEAR B

Under the Pastoral Care of the Augustinians

Catholic Diocese of Broken Bay

Want to receive the bulletin via e-mail? Email parishoffice@northharbourcatholic.org.au



3RD SUNDAY OF LENT

His disciples recalled the words of Scripture,
Zeal for your house will consume me. - Jn 2:17

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

1ST READING

Exodus 20:1-17

The Lord delivers the Ten Commandments.

RESPONSORIAL PSALM

Ps 18:8-11. R. Jn 6:68

Lord, you have the words of everlasting life.

2ND READING

1 Corinthians 1:22-25

Understand the power of Christ crucified.

GOSPEL ACCLAMATION

John 3:16

*Praise to you, Lord Jesus Christ,
king of endless glory!*

*God loved the world so much, he gave us his
only Son, that all who believe in him might
have eternal life.*

*Praise to you, Lord Jesus Christ,
king of endless glory!*

GOSPEL

John 2:13-25

*Jesus drives the money-changers from the
temple.*

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, 6pm

*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

GET IN TOUCH



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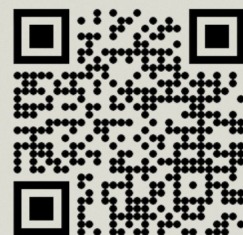


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WHY DO WE DO THAT? Catholic Life Explained

Question:

Is it ever Ok to leave Mass before it ends?

Answer:

This is an interesting question because beneath the surface there seems to be an assumption that if it's okay, then why do we have to stay after we receive communion? The short answer is "no," but we definitely want to go a bit deeper as we consider why.

First, when we think about questions like this, we must consider this in adult terms. If there is something gravely important that we need to do, then we must attend to that. However, if it is a matter of convenience or preference, then we really have to stop and think again. First, while we always want to recognize the importance of sacramental communion in the Mass, we also need to understand how important the time of thanksgiving and prayer after communion is. This is summarized in the Prayer After Communion offered by the celebrant and then we are also commissioned to "Go forth" during the Dismissal of the Mass, reminding us that we have been entrusted with a gift — the Word of God and the Presence of Christ in the sacrament — and that we are to share that gift with others.

If we simply leave after we receive communion, we risk two things. First, there is the possibility that we will turn our reception of communion into a purely personal, individual experience that is separated from our common experience of worship — and communion in the fullest sense — and, second, we lose an opportunity for gratitude and serious reflection if we simply leave after communion. This time of thanksgiving, reflection, and, ultimately, missioning, are important and, in the end, an essential part of the celebration of the Mass.

©LPi

BRINGING HOME THE GOSPEL

Jesus' anger is certainly evident in this story of his cleansing the temple, but this wasn't the first time we see Jesus displaying his feelings. At various times in the Gospels we see Jesus sad, happy, frustrated, afraid and, yes, even angry. He cried, laughed, was honest about his fear and his anger. Jesus was comfortable expressing his feelings, and he expressed them in appropriate ways.

Psychologists tell us that feelings are neither good nor bad, they just are. It is what we do with those feelings that really matters. We need tears and laughter to help us heal not only emotionally, but sometimes even physically. Fear helps to get the adrenaline going when we need to protect ourselves and move fast. Expressing our anger justly is also appropriate in the right settings.

A priest once told me that sometimes children should see their parents angry to help them understand the seriousness of a situation. He cautioned, however, to make sure the response was nonviolent and appropriate to the wrong-doing. Never respond unless you are certain you are in control of your feelings. If need be, take a long walk. Anger must never lead to physically or emotionally abusing a child or anyone else.

Some people need to get help in finding healthy outlets for their anger. The experts agree: Suppressing our feelings can be dangerous. Anger will find its own way out, too often in unhealthy ways. We may end up letting it out at the wrong person, or we may unintentionally hurt another or ourselves. Like everything else that is difficult in life, anger is best mastered when we realize we can't handle it alone, and we ask for God's help.

FAMILY RESPONSE:

Read the story of Jesus cleansing the temple, and then ask everyone to talk about what makes him or her angry. Discuss ways of handling anger.

PERSONAL RESPONSE:

Name the trigger points that cause you to get angry with your children or spouse. Since you cannot control another person's behavior, only your own, what can you do about the situation?



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WEEKLY SOCIAL JUSTICE CHALLENGES

In the First Reading (Exodus 20:1-17) for this Sunday, we hear the story of God giving the Ten Commandments to the Israelites. Did you know that many, if not most, of the justice teachings in the Catechism of the Catholic Church are found in the section on the commandments, particularly Commandment Seven—You Shall Not Steal? This is because the Seventh Commandment reminds us of how important it is to be other-centered and to respect their rights and property. Jesus' whole life was a witness to living for others. As disciples, we are called to follow Jesus' example. Your challenge this week is to choose one thing you can do each day which is totally other-centered, something which has no direct benefits for you. Do it, not because it makes you feel good or makes you proud, but simply because it's what God is calling you to do.



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

"You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath." –Exodus 20:4.

Pope Francis spoke about humanity's new idols: money and profit. "It is no longer man who commands but money; money, cash commands... men and women are sacrificed to the idols of profit and consumption: it is the 'culture of waste.'" (St. Peter's Square, 2013). This week, confront the culture of waste in your life and home. Reduce single-use items (paper plates, plastic cups, etc) and don't buy anything new that is not essential. Donate money and hardly-used items and clothes to local organizations supporting the homeless and those in need.



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SICK CALLS

AND OTHER URGENT MATTERS

If you need a priest urgently, please call the appropriate number:

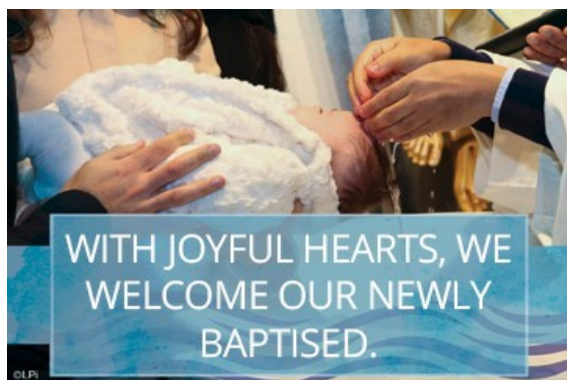
BUSINESS HOURS:

PARISH OFFICE—9949 4455

AFTER HOURS:

(Evenings & Weekends)

0490 898 464



BAPTISM PREPARATION COURSE
1ST SUNDAY OF EVERY MONTH
(except April)

PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Paul Pearson, Greg Hyde, Brian Geraghty

RECENTLY DECEASED:

Ben Garrido, Rose Natoli, Sue Gunn

ANNIVERSARIES:

Niko Seput, Pasquale Vaccaro

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 parishoffice@northharbourcatholic.org.au

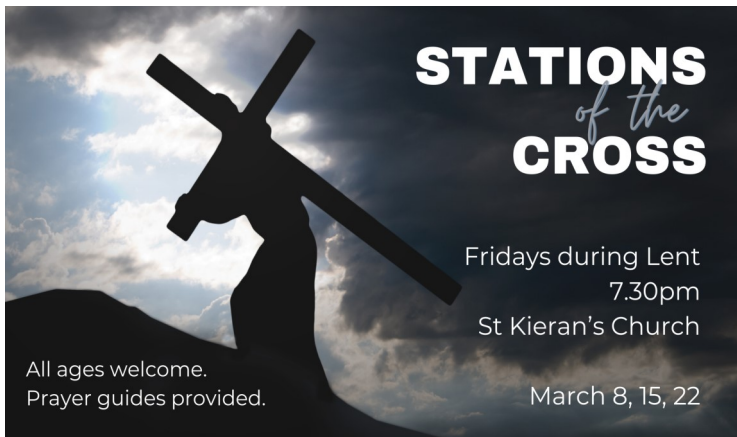


MASS WITH THE ANOINTING OF THE SICK

Wednesday 6 March, 10am

St Kieran's Church

Morning Tea will be served after Mass at the Parish Centre



STATIONS of the CROSS

Fridays during Lent

7.30pm

St Kieran's Church

All ages welcome.

Prayer guides provided.

March 8, 15, 22

LOST & FOUND

A parishioner lost a cameo at St Kieran's Church last Sunday. If anybody happens to find it, kindly return it to the Parish Office. Thanks.

ALPHA FOOD DONATIONS

There is a box in the church foyer if you would like to donate some food items for the upcoming Alpha course. Here are some ideas: sweet or savoury biscuits, chips, corn chips.

If you would like to donate a meal or a dessert, please text Maria Dunn on 0402 202 135.



Join the NEW NORTH HARBOUR CHILDREN'S CHOIR

We are looking for PRIMARY SCHOOL CHILDREN to join our choir! JOIN US FOR MUSIC AND FUN!



If interested, contact the Parish Office or scan the QR code.

CATHOLIC COMMUNITY OF NORTH HARBOUR

ALTAR SERVER TRAINING



Open to parishioners of North Harbour in Year 4 through high school and have made their First Holy Communion.



Alpha runs every **Friday at 6.45pm** in the Parish Centre. Come and see, you're welcome to try.

Alpha is an opportunity to explore life, faith and God, reconnect with community, and meet new friends, in a friendly, open and informal environment.

Testimonials

"Best thing I have ever done. Thanks to all" – Glenys Cunningham

"Extremely well hosted and very friendly from day 1. Highly recommend." – Danielle Parholz

SUNDAY MASS TIME CHANGE

FROM 6PM TO 5PM
commencing 7 April

CHURCH OF ST KIERAN, MANLY VALE

CATHOLIC COMMUNITY OF NORTH HARBOUR

CHILDREN'S LITURGY OF THE WORD

ST CECILIA'S

SUNDAY, 9AM
10 MARCH
7 APRIL

ST KIERAN'S

SUNDAY, 9.30AM
17 MARCH

Youth MASS

Sunday 10 March, 6pm

St Kieran's Catholic Church
2 King St., Manly Vale 2093 NSW

All welcome!

followed by a sausage sizzle
& light refreshments

PALMS NEEDED!!!

Palm Sunday

24 MARCH

It is PALM SUNDAY ON 24 MARCH.
If you have palm branches or
fronds that you can donate to
church, please bring them to the
parish office on **Friday 22 March**.
If they are pre-cut, that will be a
great help!
Thank you.

Thank You from Janette

Many thanks for the wonderful farewell Mass, morning tea and the very special gifts. Thanks to Fr Michael and Fr Paul for their kind words and to Adriana and her hospitality team.

Thanks also to the parish and school staff and to all in the community for their good wishes, emails, cards and messages of thanks.

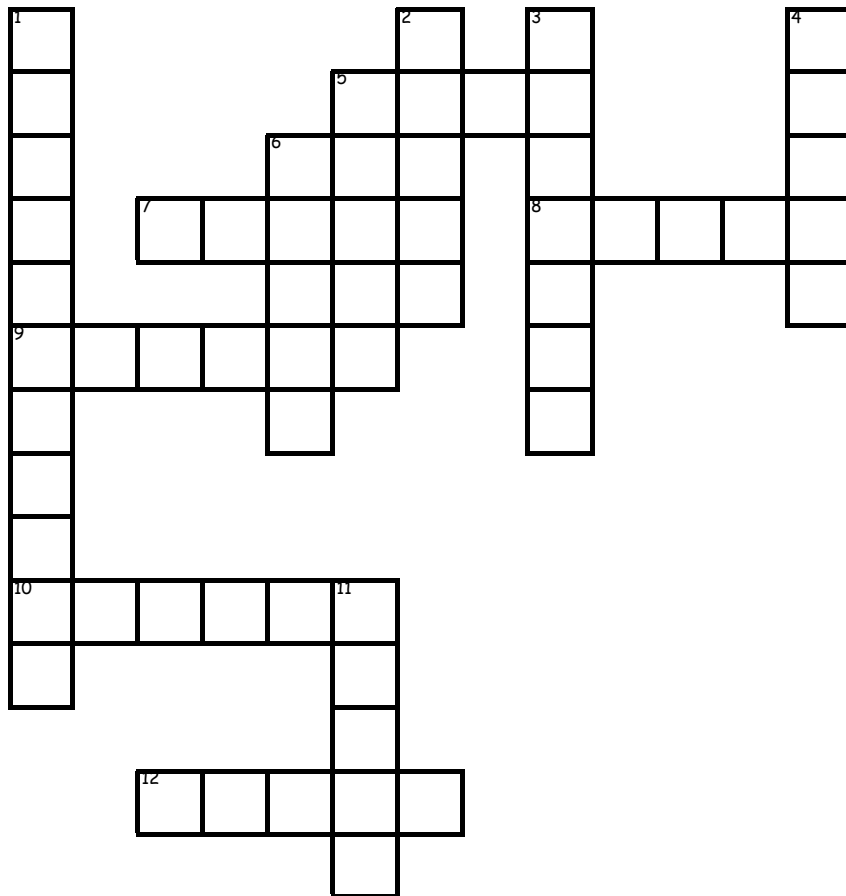
I have had a very enjoyable time journeying with many of the families at the North Harbour Parish in my various areas of ministry. I have been very fortunate in getting to know so many families from the various schools in the parish. I have also appreciated reconnecting with many longstanding parishioners from my time teaching at St Kieran's school and involvement in the parish. My God bless all in the North Harbour Community and particularly the parish team and the parish clergy in their dedicated service to all.

Janette Davidson

FAMILIES COME GATHER

SATURDAY 23 MARCH
5PM MASS
ST CECILIA'S CHURCH





CROSSWORD PUZZLE

Do not make my Father's house a marketplace.

ACROSS

- 5: this can be used to tie things up
 7: a type of building people live in
 8: a piece of furniture people use when eating meals
 9: Jesus found people selling things in this special building
 10: Jesus _____ the sellers and their animals out of the temple
 12: a woolly animal that says 'baa'

DOWN

- 1: Jesus told the sellers not to make the temple into a m_____ p_____
 2: you use this to buy things
 3: to damage something beyond repair is to d_____ it
 4: the number after two
 6: Jesus said, 'Destroy this temple, and in three days I will _____ it again!'
 11: there were people selling cattle, sheep, and _____ in the temple

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Sharing the Gospel

Imagine coming to your church to pray. All around your church, you see people selling animals. It smells like a barn. The animals are loud. The people are shouting. You cannot even pray with all the noise and activity going on around you. That is what Jesus found in today's Gospel. It broke his heart and made Jesus angry. God's house is not supposed to be turned into a barn or a store. It should be special place where people can meet with God and talk to him. Jesus cleaned out his Father's house. He turned it back into a place of prayer.

Prayer

God, my church is a place for prayer. Help me to remember that always.

Mission

Read John 2:13-25 with your family. Ask God to help you keep your church clean. Church should never be a store or a barn. It should be a special place to pray. ©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.





Lord, inspire me with love, that I may teach sweetness. Give me patience, that I may teach discipline. Enlighten my understanding, that I may teach wisdom/
Commentary on Psalm 118 (17), 4
- St. Augustine of Hippo

NEXT WEEKEND (10 MARCH): 4TH SUNDAY OF LENT, YEAR B

1st Reading

2 Chronicles 36:14-16. 19-23
After seventy years, the Israelites are released to rebuild the temple.

Responsorial Psalm

Psalm 136. R. v.6
Let my tongue be silenced, if ever I forget you!

2nd Reading

Ephesians 2:4-10
Salvation is not earned but a gift from God.

Gospel Acclamation

John 3:16
Glory and praise to you, Lord Jesus Christ!
God loved the world so much, he gave us his only Son, that all who believe in him might have eternal life.

Glory and praise to you, Lord Jesus Christ!

Gospel

John 3:14-21
Jesus converses with Nicodemus.

9 MAR, 5.30PM
ST KIERAN'S

Senior Server
Louise

Readers
Bob
Val

Music
TBA

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

10 MAR, 7.30AM
ST KIERAN'S

Senior Server
Michael

Readers
Judith
Jenny

Music
None

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

10 MAR, 9AM
ST CECILIA'S

Senior Server
Ilde

Readers
Maria
Francesca

Music
TBA

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

10 MAR, 9.30AM
ST KIERAN'S

Senior Server
Catherine

Readers
Terry
HELP NEEDED

Music
Anushka

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

10 MAR, 6PM
ST KIERAN'S

Senior Server
Claire-Louise

Readers
Youth

Music
Simon

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteer needed

OBSERVANCES FOR THE WEEK OF 3 MARCH

Mon 4 Mar: Monday of the 3rd Week of Lent
Tue 5 Mar: Tuesday of the 3rd Week of Lent
Wed 6 Mar: Wednesday of the 3rd Week of Lent
Thu 7 Mar: Thursday of the 3rd Week of Lent
Fri 8 Mar: Friday of the 3rd Week of Lent
Sat 9 Mar: Saturday of the 3rd 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

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Office Hours 9.00am to 4pm (Monday to Friday)

Parish 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 Paul Maloney, OSA E osaoffice@osa.org.au
Asst Priest: Fr Jumbim Torres, OSA E jtorres@nhcatholic.org.au
Asst Priest: Fr John Zhang E jzhang@nhcatholic.org.au
Parish Manager: Jacky Worthington E manager@nhcatholic.org.au (Mon, Wed, Thu)
Parish Secretary: Jane Filacuridi E office@nhcatholic.org.au (Mon, Tue, Wed)
Parish 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
Music Ministry: Marianne Kaw-Deveza E music@nhcatholic.org.au
Augustinian Brother: Van Tu Nguyen, OSA E tunguyen@osa.org.au

Resident Priests Fr Hoang-Minh Tan, OSA E minhtanhoang@yahoo.com.au
Fr Peter Jones, OSA E peter.jones@osa.org.au (Prior Provincial)
Fr Abel van der Veer, OSA E vabelvanderveer@gmail.com (Retired)
Fr Senan Ward, OSA E senanward@bigpond.com (Chaplain, St. Augustine's College, Brookvale)

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WATERMARX X GRAPHICS

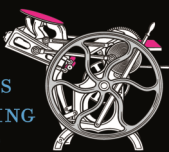
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BALGOWLAH
St Cecilia's Catholic
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Principal: Ms Louise O'Brien

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St Kieran's Catholic School
St Kieran's
Primary School



Principal: Ms Anna Marsella

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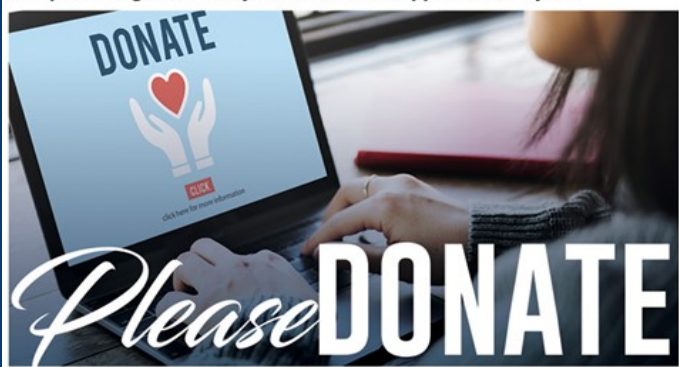
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Setting up a one-time or recurring donation is quick and easy.

Visit: www.bbcatholic.org.au/north-harbour/giving
or thru bank transfer:

FIRST COLLECTION: For the Augustinian Clergy (Priory)

Account Name: St. Kieran's Priory
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SECOND COLLECITON: For the Parish

Account Name: Catholic Community of North Harbour
Bank: CBA BSB: 062 784 Account Number: 100 007 957

If you like to contribute by credit card, please email Jacky,
parishmanager@northharbourcatholic.org.au.
Thank you so much for your support!