

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



**4
FEB
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



5TH SUNDAY IN ORDINARY TIME

So he went into their synagogues, preaching and driving out demons throughout the whole of Galilee. - Mk 1:39

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

1ST READING

Job 7:1-4, 6-7

Life is a drudgery.

RESPONSORIAL PSALM

Ps 146:1-6. R. v.3

Praise the Lord who heals the broken-hearted.

2ND READING

1 Corinthians 9:16-19, 22-23

Paul is compelled to preach the Gospel.

GOSPEL ACCLAMATION

Matthew 8:17

Alleluia, alleluia!

*He bore our sickness, and endured our suffering.
Alleluia!*

GOSPEL

Mark 1:29-39

Jesus heals Simon's mother-in-law.

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



WWW.BBCATHOLIC.ORG.AU/NORTHHARBOUR
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Scan me!



WHY DO WE DO THAT? Catholic Life Explained

Question:

Is gossip a mortal sin?

Answer:

To really ask this question, we must consider the Eighth Commandment: "You shall not bear false witness."

In its reflections on this commandment, The Catechism of the Catholic Church invites us to not only think about what bearing "false witness" means, but to also consider how we understand the truth and how we communicate more broadly. This is why so much of this section of the Catechism has to do with the gift of language. With this in mind, we will notice that the word "gossip" isn't used by the Catechism. Instead, we find the words "detraction" and "calumny," which are actually two forms that gossip can take, and both can be quite serious.

First, detraction is the revealing "another's faults and failings to persons who did not know them," without morally valid reasons. Calumny, by extension, is saying something about another person that is untrue, and it is sinful because it "harms the reputation of others and gives occasion for false judgements" (see no. 2477).

In all of our communication, we have to always recognize that we have a moral obligation to the truth and to always work to protect the reputation and honor of our neighbors (see no. 2479). Gossip can, in fact, prove to be a very serious sin. After all, the Catechism reminds us: "No one is bound to reveal the truth to someone who does not have the right to know it" (no. 2489). When we have gossiped, especially if we are aware we have damaged another person's good name or reputation, we want to make every effort to undo the damage we have done, including seeking the grace and forgiveness offered in the Sacrament of Reconciliation.

©LPi

BRINGING HOME THE GOSPEL

I believe that most of us have some sort of demon inside us.

Something we would really like to change about ourselves, but just can't. I'm not talking about superficial things like the size of our nose or hips. It's an inside thing—some bad habit or personal sin that usually ends up hurting the people closest to us or even ourselves.

It could be something like losing your temper, not thinking before you speak or not speaking when you should. It might even be some sort of addiction. With me it was letting my anger loose in unhealthy ways, usually by yelling at the people I loved most.

When my children were little, my husband traveled. I was lucky enough to be a stay-at-home mom, but I got to stay home with five kids under ten. I loved my children; there is no question that I would have died for them. But whenever I thought of Paul's message in 1 Corinthians 13, "love is patient; love is kind... it is slow to anger..." I cringed. That was not me. I woke every morning and said to myself, "I will get through this day without yelling. I will try harder, work harder; I can change."

The truth was I couldn't change, not by myself that is. It wasn't until I could say, "I cannot do this God, please help me," that I could begin to tame my demon. My morning prayer became, "Lord, fill me with your love and strength so that I can get through breakfast without yelling." And then, "Get me to lunchtime, Lord."

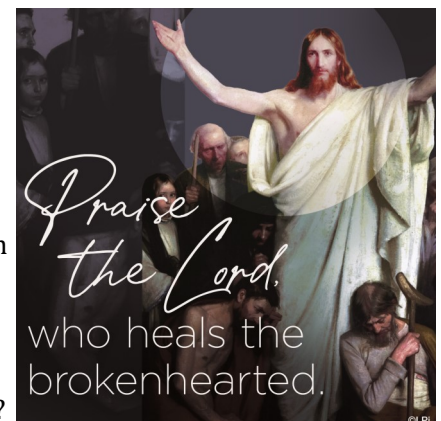
I finally discovered that the love Paul was talking about in 1 Corinthians was something stronger than even a mother's love; it was God's love. The great thing is that with God's help (and sometimes some professional help) we can all conquer our own worst demons. We just have to ask.

FAMILY RESPONSE:

Discuss what we mean when we talk about good and bad habits. Ask each person to name a bad habit they have, and then have each person tell the others what good habits they see in them.

PERSONAL RESPONSE:

What is your own personal demon? Are you ready to ask God to give you his love and strength to overcome it?

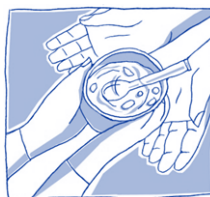


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WEEKLY SOCIAL JUSTICE CHALLENGES

The Gospel reading for Sunday describes Jesus healing people all day, and then getting up the next morning to be deeply absorbed in prayer. Jesus cared for the poor and the sick and those marginalized by society. But he never forgot the source of the healing which he did—his heavenly Father, whom he called “Abba”, or “Dad”. He kept in close contact with the Father throughout his life. Your challenge this week is to reflect on the relationship between prayer and action in your own lives—as individuals and as a family or household. Do you have a healthy and holy pattern of prayer which is part of your daily routine? Do you let that prayer lead you to the actions which God wants you to take to help heal a hurting world? Remember that part of a vibrant prayer life is letting God speak once you are done. Listen to what God wants you to do just as Jesus did when he lived on earth.



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

“In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.” –Mark 1:35.

Many people find it easier to pray when surrounded by nature. Can you go to a quiet place in nature to pray this week? Do you live in the desert? Is there a forest nearby where you can take a walk? Or is there a body of water you can sit by? What about praying while working on your farm or in your garden? Even if you live in a busy city, see if you can find a sliver of nature to pray in this week.



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SICK CALLS

AND OTHER URGENT MATTERS

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

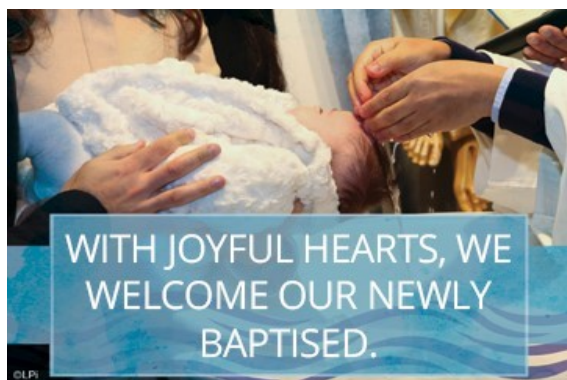
BUSINESS HOURS:

PARISH OFFICE—9949 4455

AFTER HOURS:

(Evenings & Weekends)

0490 898 464



Giannina Pearl,

daughter of Michael & Emilia

Jasmine Alessandra

daughter of Jonathan & Georgina

Noah

son of Omar & Stephanie

PRAY FOR THOSE IN OUR COMMUNITY:

SICK:

Greg Hyde, Greg Keogh, Cecilia Yeung

RECENTLY DECEASED:

Carmel King, Jack Clarke, Elizabeth Horne, Patrick Gaffney,
Bartola Cavalletto, Doris Rattos, Jeremy Hession

ANNIVERSARIES:

Mary and Joseph Rattos, Margaret Treston

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

Ash Wednesday

14 FEBRUARY

MASS TIMES
@ NORTH HARBOUR:

ST CECILIA'S
9.15AM

ST KIERAN'S
10AM | 7.30PM

STATIONS of the CROSS

Fridays during Lent
7.30pm
St Kieran's Church

February 16, 23
March 1, 8, 15, 22

All ages welcome.
Prayer guides provided.

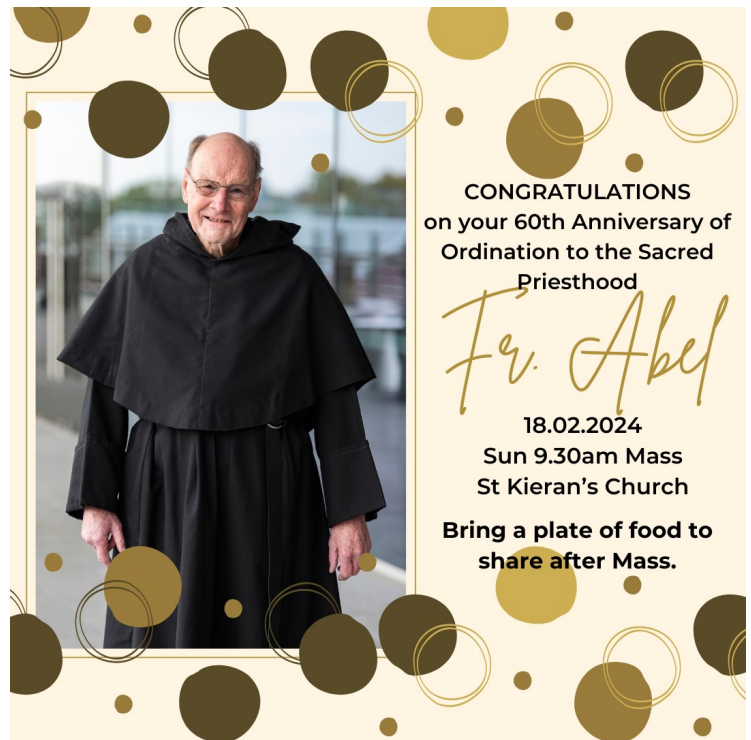


every 2nd Sunday, 6pm

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

All welcome!

followed by a sausage sizzle
& light refreshments



CONGRATULATIONS
on your 60th Anniversary of
Ordination to the Sacred
Priesthood

Fr. Abel

18.02.2024

Sun 9.30am Mass
St Kieran's Church

Bring a plate of food to
share after Mass.

Be a CATECHIST


We are in need of teachers for the
following classes:

 **BALGOWLAH HEIGHTS PRIMARY SCHOOL**
Kindergarten Class from Term 2 onwards

SEAFORTH PRIMARY SCHOOL
Year 4 Class of 18
Wednesday, 2:15-2:45pm

BROOKVALE PRIMARY SCHOOL
Year 5/6 Class of 28
or Kindergarten Class of 10
Friday, 11:25-11:55pm

If interested, contact Ursula Hallows

 0423 595 204

 catechist@northharbourcatholic.org.au



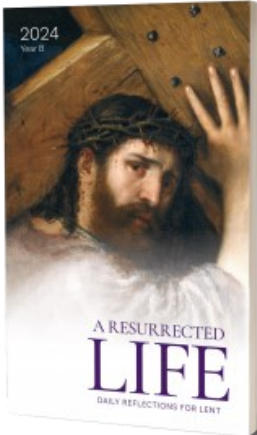
CONGRATULATIONS! Order of Australia Medal (OAM)



Michael McMahon

Congratulations on your
recognition as one of the
recipients of the prestigious
Order of Australia Medal (OAM)
in community service in this
year's Australia Day awards.

LENTEN REFLECTION GROUPS



The Season of Lent this year will commence on 14 February (Ash Wednesday).

We invite you to join the Lenten Reflection Groups that we will organise this year to reflect on the readings of the 5 Sundays of Lent. The resource we will be using is from Evangelisation Brisbane.

Booklets are available in the foyer for \$8 each.

CATHOLIC COMMUNITY OF NORTH HARBOUR

CHILDREN'S LITURGY OF THE WORD

ST CECILIA'S
1ST SUNDAY OF THE MONTH

SUNDAY, 9AM
4 FEBRUARY
3 MARCH
7 APRIL

ST KIERAN'S
3RD SUNDAY OF THE MONTH

SUNDAY, 9.30AM
18 FEBRUARY
17 MARCH



ST CECILIA'S CATHOLIC PRIMARY SCHOOL

Do you want to join our team? We are hiring...

We are looking for an inspiring and faith-led Parent Engagement Coordinator (PEC). This part-time position will play a crucial role in building and maintaining a welcoming, respectful community, while strengthening relationships between school, parents/families and the wider catholic community.

[Parent Engagement Coordinator Job in Balgowlah, Sydney NSW - SEEK](#)

Enjoy Your Retirement

Congratulations on your retirement. You've left an indelible mark on all of us, and we are forever grateful for the difference you've made in the community. THANK YOU!

Janette Davidson
Family & Sacramental Ministry Coordinator

Join us on Sunday 25 February
9.30am Mass @ St Kieran's
followed by Morning Tea



Hospitality Volunteers Needed

FOR SUNDAY 9.30AM MASSES AT ST KIERAN'S CHURCH

Hospitality at North Harbour Parish will be back this year and we are looking for more volunteers to join this wonderful ministry which will start back on Sunday, 4 February.

The 2024 roster is being finalised and would love to have some new faces join the existing team of volunteers. It is entirely up to you regarding how many times a year you would like to volunteer. The parish would be responsible for providing the morning tea and the volunteers are simply required to set up (15 minutes prior to mass commencing), serve and pack away. As most of you are aware the parish has a great coffee machine, and this too will be back this year. We are more than happy to show the volunteers how to use the coffee machine.

So, if you feel like this is something you can help with, and you would like to become a part of the hospitality team for 2024 or would simply like more information please email or give Adriana a call 0402 099 746 or albowyer@bigpond.com.

We Are HIRING

Catholic Community of
NORTH HARBOUR

Family & Sacramental Ministry Coordinator

PERMANENT PART-TIME

Media & Communications Coordinator

PERMANENT PART-TIME

Please email your application to
parishpriest@northharbourcatholic.org.au

For enquiries, please contact Fr Michael Belonio, OSA
on 9949 4455

Applications close on Friday 9 February 2024.

Job Description is available in this link:

<https://www.bbcatholic.org.au/about/contact-us/positions-vacant>



L to R - Maria, Beata, Stella, Georgene, Kevin, Terri, Frank, Kathryn, Vanessa, Erica

Music Ministry

After a nice break following a busy Advent and Christmas period, some of the music ministers got together recently over lunch. Especially post COVID where interaction was sparse, it was a great time to reconnect as a group to get to know each other and to build our community.

We've used the opportunity to reignite what we do in our role to enhance the Word and together with you as the congregation, make sure we all participate fully in the liturgy.

Looking forward to bringing you some new songs, keeping the ones that you sing well, and keeping the music thriving in our parish.

To be part of this vibrant group, please make sure you follow the QR code in this newsletter. We'll look forward to having you join us.

Are you interested in becoming a

SENIOR SERVER?

Training will be provided.

Sign-up forms available
in the foyer.



Join the MUSIC MINISTRY @ NORTH HARBOUR

There are many ways
to get involved.

Sign-up forms available in the foyer.



explore

life
faith
meaning



You're Invited

Alpha is an opportunity to explore life, faith and God in a friendly, open and informal environment.

Time & Location

Friday 6.45pm

Parish Centre 2 King Street Manly Vale

Commencing Friday 1st March

Contact Details

Email: Parishoffice@northharbourcatholic.org.au

Phone: (02) 9949 4455

Find us on Facebook at Catholic Community of North Harbour ALPHA

Fill out the registration form available at the back of the church.

Or Register using the QR code



Find out more
alpha.org.au

trust

5TH SUNDAY IN ORDINARY TIME

"TRUST ALWAYS
IN YOUR GOD. HE
DOES NOT LOSE
BATTLES."

ST. JOSEMARIA ESCRIVA

WORLD DAY OF PRAYER 2024—PALESTINE

'I beg you...bear with one another in love' (Ephesians 4:1-3)

Seaforth Anglican Church,
3 French's Forest Rd Seaforth
at 10 am on Friday 1st March 2024.

This year the service theme "*Bear with one another in love*" has been written by the Christian women in Palestine, written years before the current conflict.

Please save the date and attend this important ecumenical prayer service.

For more information see the website:

www.worlddayofprayeraustralia.org





Lord, You change Your works, but Your design is always the same.

Confessions 1, 4
- St. Augustine of Hippo

NEXT WEEKEND (11 FEBRUARY): 6TH SUNDAY IN ORDINARY TIME, YEAR B

1st Reading

Leviticus 13:1-2. 44-46
Lepers shall be kept apart.

Responsorial Psalm

Ps 31:1-2. 5. 11. R. v.7
I turn to you, Lord, in time of trouble and you fill me with the joy of salvation.

2nd Reading

1 Corinthians 10:31 – 11:1
Do everything for the glory of God.

Gospel Acclamation

Luke 7:16
Alleluia, alleluia!
A great prophet has appeared among us; God has visited his people.
Alleluia!

Gospel

Mark 1:40-45
Jesus cures a leper.

10 FEB, 5.30PM
ST KIERAN'S

Senior Server
Louise W

Readers
Bob B
John H

Music
Parish Choir

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

11 FEB, 7.30AM
ST KIERAN'S

Senior Server
Michael M

Readers
Judith D
Jenny S

Music
None

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

11 FEB, 9AM
ST CECILIA'S

Senior Server
Ilde P

Readers
Isabella M
Stephanie H

Music
Kevin M

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Maria L

11 FEB, 9.30AM
ST KIERAN'S

Senior Server
Catherine O

Readers
Terry K
Brian G

Music
Anushka C

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteers needed

11 FEB, 6PM
ST KIERAN'S

Senior Server
Claire-Louise M

Readers
Geraldine P
Catherine O

Music
Simon H

Communion Min
Volunteer needed

Powerpoint
Volunteer needed

Welcomers
Volunteer needed

OBSERVANCES FOR THE WEEK OF 4 FEBRUARY

Mon 5 Feb: St Agatha, virgin and martyr
Tue 6 Feb: Sts Paul Mike and companions, martyrs
Wed 7 Feb: Wednesday of the 5th Week in Ordinary Time, Yr 2
Thu 8 Feb: Thursday of the 5th Week in Ordinary Time, Yr 2
Fri 9 Feb: Friday of the 5th Week in Ordinary Time, Yr 2
Sat 10 Feb: St Scholastica, virgin

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 parishoffice@northharbourcatholic.org.au W www.bbcatholic.org.au/northharbour

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 parishpriest@northharbourcatholic.org.au
Asst Priest: Fr Paul Maloney, OSA E paul.maloney@osa.org.au
Asst Priest: Fr Jumbim Torres, OSA E jumbim.torres@osa.org.au
Asst Priest: Fr John Zhang E john.zhang@northharbourcatholic.org.au
Parish Manager: Jacky Worthington E parishmanager@northharbourcatholic.org.au (Mon, Wed, Thu)
Parish Secretary: Jane Filacuridi E parishoffice@northharbourcatholic.org.au (Mon, Tue, Wed)
Parish Secretary: Anne Ross E parishoffice@northharbourcatholic.org.au (Thu, Fri)
Sacramental Coordinator: Janette Davidson M 0450 101 767 E sacraments@northharbourcatholic.org.au
Catechists (CCD) Coordinator: Ursula Halloway E catechist@northharbourcatholic.org.au
Music Ministry Coordinator: Marianne Kaw-Deveza E musicministry@northharbourcatholic.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 GRAPHICS

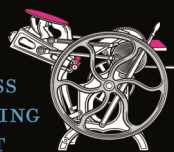
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Brian Hamer
Michelle Gibson

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murray@hamerlaw.com.au

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St Cecilia's Catholic
Primary School



Principal: Ms Louise O'Brien

59 Seaview St, Balgowlah
02 7256 2136

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www.scbdbb.catholic.edu.au

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St Kieran's Catholic
Primary School



Principal: Ms Anna Marsella

63 Gordon St, Manly Vale
02 7256 2131

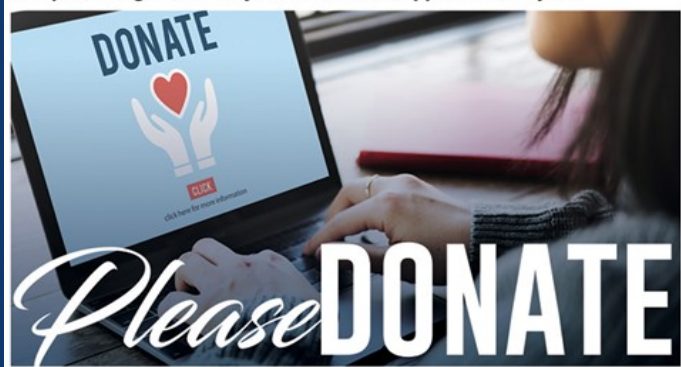
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CATHOLIC SCHOOLS BROKEN BAY
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Catholic Feeder School
For St Paul's Catholic College, Manly

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Our parish is grateful for your continued support. Thank you!



Support the Parish by signing up to contribute online.
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
Bank: CBA BSB: 062 784 Account Number: 100 005 010

SECOND COLLECTON: 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!