



# 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



**30  
NOV  
2025**  
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](mailto:comms@nhcatholic.org.au)



## 1ST SUNDAY OF ADVENT

"Therefore, stay awake! For you do not know on which day your Lord will come." - Mt 24:42

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

### FIRST READING

Isaiah 2:1-5

*All nations shall stream to the mountain of the Lord.*

### RESPONSORIAL PSALM

Ps 121:1-2. 4-5. 6-9. R. see v.1.

*Let us go rejoicing to the house of the Lord.*

### SECOND READING

Romans 13:11-14

*Live honourably, the day of the Lord is near.*

### GOSPEL ACCLAMATION

Psalm 84:8

*Alleluia, alleluia!*

*Lord, show us your mercy and love, and grant us your salvation.*

*Alleluia!*

### GOSPEL

Matthew 24:37-44

*The Lord is coming when we least expect.*

## 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

## GET IN TOUCH



OFFICE@NHCATHOLIC.ORG.AU  
2 KING STREET, MANLY VALE 2093 NSW

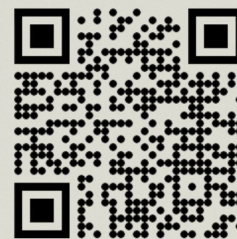


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## WHY DO WE DO THAT?

### Catholic Life Explained

#### Question:

What's the story behind the Advent wreath?

#### Answer:

The Advent wreath is a beloved tradition that marks the beginning of the Church's liturgical year and helps us prepare for the coming of Christ at Christmas. Found in churches and homes, the wreath is rich in symbolism. Its evergreen branches represent the enduring life of grace, which remains fresh and vibrant regardless of the season. The circular shape reminds us of God's eternal love—without beginning or end.

The four candles, lit progressively each week, symbolise the growing light of Christ in our lives. Traditionally, three candles are purple, representing penance and preparation, similar to the season of Lent. On the third Sunday of Advent, known as Gaudete Sunday, a rose candle is lit and rose vestments are worn at Mass. *Gaudete* means "rejoice" in Latin, reminding us to celebrate even as we wait.

Whether used in church or at home, the Advent wreath invites us to slow down, reflect, and pray. It draws our attention away from the busyness of the season and toward the true joy of Christmas—Christ's coming into our world and into our hearts. ©LPi

## A CALL TO SERVE: BECOME A CATECHIST IN 2026

Dear Parishioners,

Next year brings some changes for families in our community. With St Cecilia's Primary School transitioning to become the Junior Campus of St Paul's College, Manly, many of our children will now attend local state primary schools. This gives us a special opportunity to walk with them and keep their connection to the Church and our parish strong.

One of the most beautiful ways we can do this is through the ministry of Special Religious Education (SRE)—by becoming a Catechist. Catechists are more than teachers; they are witnesses of faith, helping children encounter Jesus and grow in His love. You don't need to be an expert—just a heart willing to share the Gospel. Training and resources will be provided, and you'll be supported every step of the way.

Imagine the joy of helping a child discover that they are loved by God! With the increase in students attending state schools, we will need many more catechists next year. Could you give an hour or two each week to this life-giving mission? Your "yes" can plant seeds of faith that will bear fruit for a lifetime—and even for eternity.

This ministry is not only enriching for the children—it is deeply rewarding for you. Many catechists say that sharing the faith strengthens their own relationship with Christ and brings a sense of purpose and joy. It's a chance to live out your baptismal call and make a real difference in the lives of young people.

If you feel called or would like to learn more, please contact Ursula, [catechist@northharbourcatholic.org.au](mailto:catechist@northharbourcatholic.org.au) or ring the Parish Office. Together, let's keep the flame of faith alive in the hearts of our children and ensure they remain connected to Christ and His Church.

Thank you for considering this important ministry.

Peace in Christ,  
✠ Fr Michael



"CATECHISTS ARE PEOPLE WHO KEEP THE MEMORY OF GOD ALIVE; THEY KEEP IT ALIVE IN THEMSELVES AND THEY ARE ABLE TO REVIVE IT IN OTHERS."

- POPE FRANCIS

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## WEEKLY SOCIAL JUSTICE CHALLENGES

The first reading for this Sunday is one with which we are familiar. It is the passage from the Book of Isaiah (2:1-5) describing what the world will be like when the Messiah comes. The image of people beating swords into plowshares—taking instruments used to kill people and changing them into instruments which help grow food to feed people—is a powerful one. Your challenge in this first week of Advent is to spend some time reflecting on how you are peacemakers (as a family and as individuals). Do you bring people together by your words and actions or do you create conflict? Then decide on one action you can take to make the world a more peace-filled place. Do you want to pray for peace in our world, our country, and our families? Do you want to write to government leaders to advocate for a more peaceful approach to a particular issue? Do you want to take a stand for more gun control? How do you want to bring peace?



## 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

*"They shall beat their swords into plowshares and their spears into pruning hooks" —Isaiah 2:4*

In Isaiah's day, technology advancements often focused on military weapons and defense (sound familiar?). Yet his vision for the future was of a society that focused on growing food and tending the earth rather than destroying it and its people. What technology do you use that doesn't contribute to your flourishing or that of your family, community, or the earth? How might you use technology for the restoration of the environment or the betterment of others 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



## Baptism Preparation Course:

The next Baptism Preparation Course will be held on **Sunday, December 7, from 11:00 a.m. to 12:00 noon at St. Kieran's Church.**

## PRAY FOR THOSE IN OUR COMMUNITY:

### SICK:

Nigel Manchee, Remo Dellagiacoma, Odette James,  
Joyce Arnold, Peter and Jan Van de Velde,  
Cecilia Yeung,

### RECENTLY DECEASED:

Paul Daly, Claire Del Gaudio, Betty Moore, Edward Richardson

### ANNIVERSARIES:

Libby Walsh, Gladys England

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

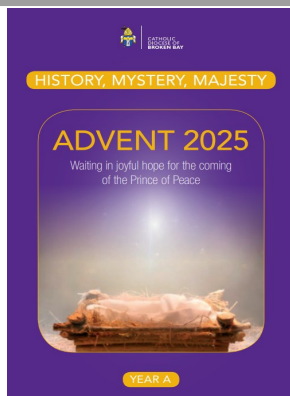
## CHRISTMAS MASS TIMES CARD

Please take a Christmas mass times card home at the church entrances and give it to your friends & neighbours.



## ADVENT BOOKLET

Please take the diocese's Advent booklet home at the church entrances to prepare us for Christmas.



Prepare your heart and spirit this Advent season  
by joining our

## Advent Reflection Group

a time of prayer, reflection, and  
meaningful conversation  
as we journey together toward the  
joy of Christmas

Take a moment to step away from the busyness  
of the season and reflect on the themes of  
hope, peace, joy, and love  
in preparation for the birth of Christ.  
All are welcome - come and be part of this  
special experience!



Every Friday before  
Christmas beginning  
Friday 28 Nov



7:30 PM



Fr Jojo  
Fr Tan



St Kieran's  
Parish Centre

## Welcome to North Harbour Catholics New Facebook Page



THE CATHOLIC COMMUNITY  
OF NORTH HARBOUR

We're excited to launch  
our new Facebook page  
after the old one faced  
technical issues.

Join us to stay connected,  
share faith, and support  
one another in our  
community.

Follow our new page and  
connect with our community  
today!



## Vinnies Hamper Appeal

The Manly Vale Conference  
Christmas Tree is up!

To provide a little joy to our neighbours in need:

- Register your details on the provided sheet
- Select an envelope from the tree
- Take a box
- Fill it with the help of family and friends

Please return by 12th December.  
Thank you for your generosity.



On **30 November**, we begin with the new  
Liturgical Year – Year A.  
As we enter the Season of Advent, we encourage  
you to reintroduce this wonderful tradition of  
preparing your own Advent Wreath.

Take home with you a tri-fold brochure available  
in the church entrances that explains on how to  
get started with an Advent Wreath.

Our Parish Piety Shop sells Advent Candles  
Limited stock only.



## AN INVITATION TO BECOME A CATECHIST

*Jesus said "as I was sent into the world, I now send you..."*

As Catechists, we are both teacher and witness for our students. Like the tiny mustard seed, the seed of faith is planted into each of our students and we hope that each child will grow in their love for God through His grace. For more information please contact our Catechist Coordinator, Ursula Holloway, on 0423 595 204 or email [catechist@northharbourcatholic.org.au](mailto:catechist@northharbourcatholic.org.au)

We are needing volunteers in 2026 for, at least, the following classes:

- **Balg Hts K-2:** Tues 10:30-11am
- **Balg Hts Yr 3-6:** Tues 11:25-11:55am
- **Manly Vale Yr 3:** Wed 9:00-9:35am
- **Seaforth Yr 3 and 4:** Wed 2:15-2:45pm
- **Balg Nth Yr 1:** Thurs 2:10-2:40pm



## 1700th Anniversary THE NICENE CREED

325-2025

Celebrating a timeless  
declaration of faith and unity.

## Praying the Nicene Creed This Advent

This First Sunday of Advent, we will begin using the Nicene Creed at all parish Masses. This decision is inspired by Pope Leo XIV's recent Apostolic Letter *In unitate fidei*, marking the 1700th anniversary of the Council of Nicaea (325 AD), where the Creed was first formulated.

The Nicene Creed is the Church's most universal profession of faith, affirming the mystery of the Trinity and the divinity of Christ. Pope Leo reminds us that this Creed is not just ancient words—it is a living summary of what we believe and hope for. In his letter, he writes: *"The Creed is a source of unity and peace, a light that guides us in times of uncertainty, and a call to live what we profess with courage and joy."*

Advent is a season of expectation and renewal—a perfect time to reconnect with the foundations of our faith. By praying the Nicene Creed together, we join Christians across the globe and throughout history in proclaiming: Christ is our hope!

Let us make this Advent a time to reflect on the Creed, live its truths, and prepare our hearts for the coming of the Lord.

## PARISH SOCIAL JUSTICE GROUP *Faith in action - living the Gospel through justice and love.*

### ACTIONS

**Supporting VINNIES with the Christmas Hamper drive. See the Giving Tree. Take an envelope, a box and return asap.**

**Last chance for collecting bags for "It's in the Bag" for SHARE THE DIGNITY campaign**

**Collaborating with St Augustines College for future projects.**

### WHAT'S NEXT?

**Unpacking the Laudato Si toolkit for our parish. Guest speaker Phil ??? Of SJ in the Bay to show us how**

**Join us on Monday 1<sup>st</sup> December  
7pm in the Parish Centre  
2 King Street Manly Vale  
ALL ARE WELCOME**

## BISHOP'S LETTERS

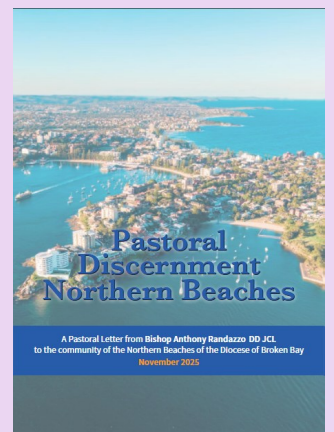
Please take the Bishop's letter titled, 'Pastoral Discernment Northern Beaches' at the church entrances.

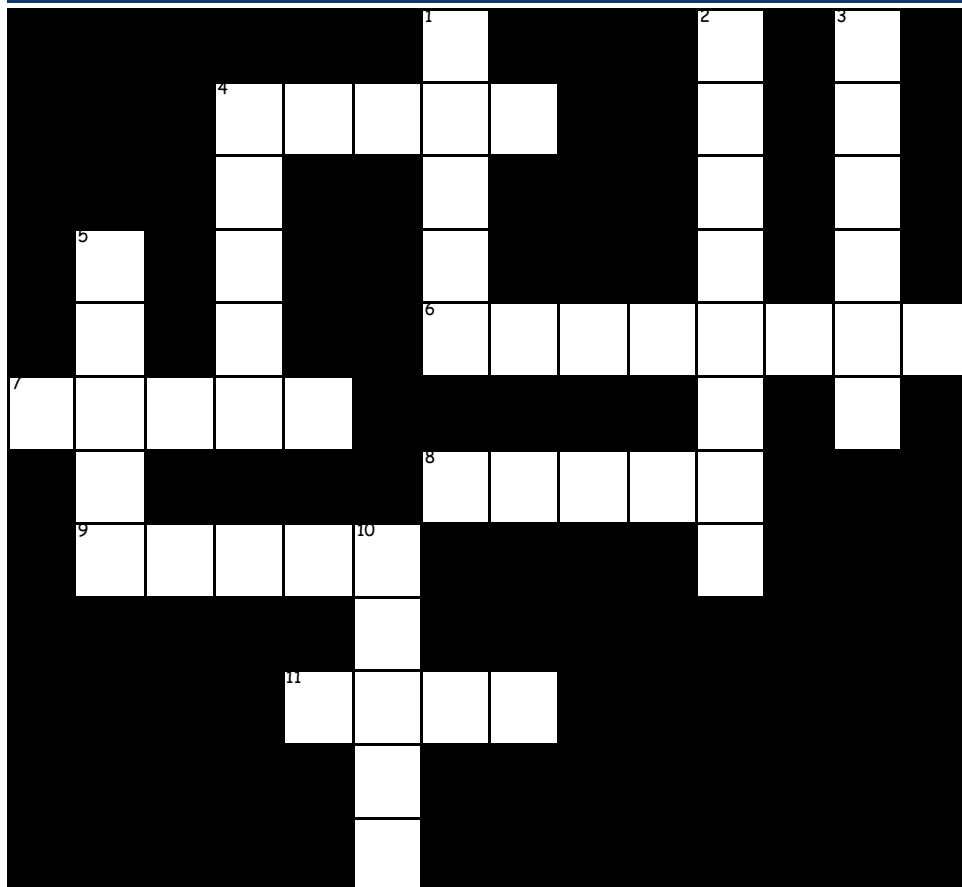
You can read the Pastoral Discernment Northern Beaches' via

[https://issuu.com/bbcatholic/docs/pastoral\\_discernment\\_northern\\_beaches\\_-\\_bishop\\_s\\_p](https://issuu.com/bbcatholic/docs/pastoral_discernment_northern_beaches_-_bishop_s_p)

You can read the Bishop's letter on the Announcement of the 40th Anniversary of the Establishment of the Diocese of Broken Bay via

[https://issuu.com/bbcatholic/docs/announcement\\_of\\_the\\_40th\\_anniversary\\_of\\_the\\_establ](https://issuu.com/bbcatholic/docs/announcement_of_the_40th_anniversary_of_the_establ)





## CROSSWORD PUZZLE

*Stay awake, you must be ready.*

### ACROSS:

- 4: a substance that comes from wheat
- 6: consuming liquid
- 7: prepared
- 8: picked up and removed
- 9: someone who steals
- 11: God told this man to build an ark

### DOWN:

- 1: meadow or grassland
- 2: dividing into pieces, pulling apart
- 3: arriving
- 4: protect from danger
- 5: to have removed dust or dirt with a broom
- 10: overflow with water

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## Sharing the Gospel

Be ready for Jesus to come at a moment's notice. Love God above all and love your neighbour as yourself. Forgive yourself and others 77 times or more. Get a good night's sleep. Share good words with your family. Ask God to walk with you and help you each day. Then you will be ready for when Jesus comes back. God loves you very much.

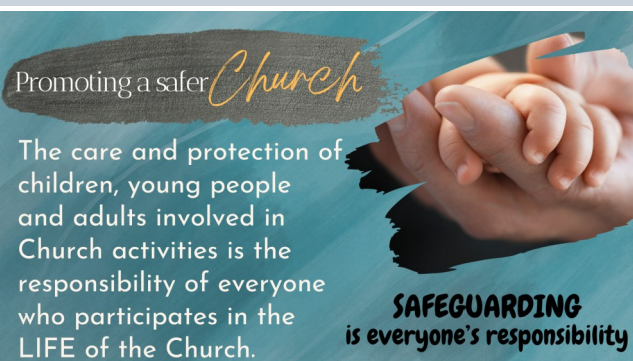
## Prayer

Lord, help me love you above all and love my neighbour as myself.

## Mission

I will think of good things when I eat.

©LPi



# COLOR

Read the Gospel of the week and color the image.





*Lord, I want to see Your face. I will persevere in this search, since I am not seeking to see something base but rather Your face, my Lord. May I thus love You freely, since I have found nothing more precious than You.*

Commentary of Psalm 26(1), 8  
- St. Augustine of Hippo

## NEXT WEEKEND (7 DECEMBER 2025): 2ND SUNDAY OF ADVENT, YEAR A

### FIRST READING

Isaiah 11:1-10

*A shoot shall sprout from the stump of Jesse. Peace and justice will triumph.*

### RESPONSORIAL PSALM

Ps 71:1-2. 7-8. 12-13. 17. R. cf. v.7  
*Justice shall flourish in his time, and fullness of peace for ever.*

### SECOND READING

Romans 15:4-9

*Live in harmony with one another.*

### GOSPEL ACCLAMATION

Luke 3:4. 6

*Alleluia, alleluia!*

*Prepare the way of the Lord, make straight his paths: all people shall see the salvation of God. Alleluia!*

### GOSPEL

Matthew 3:1-12

*John the Baptist begins to preach in the desert.*

**6 DEC, 5.30PM  
ST KIERAN'S**

**Senior Server**  
David

**Readers**  
Caterina  
Val  
Cecilia (R)

**Music**  
Parish Choir

**Communion Min**  
Fiona  
Volunteer needed

**Powerpoint**  
Volunteer needed

**Welcomers**  
Volunteers needed

**7 DEC, 7.30AM  
ST KIERAN'S**

**Senior Server**  
Jo

**Readers**  
Jenny  
Joseph  
Pauline (R)

**Music**  
none

**Communion Min**  
Lea  
Geraldine

**Powerpoint**  
Olivier

**Welcomers**  
Volunteers needed

**7 DEC, 9AM  
ST CECILIA'S**

**Senior Server**  
Cecilia

**Readers**  
Louise  
Ailis

**Music**  
TBD

**Communion Min**  
Volunteer needed  
Volunteer Needed

**Powerpoint**  
Volunteer needed

**Welcomers**  
Volunteers needed

**7 DEC, 9.30AM  
ST KIERAN'S**

**Senior Server**  
Michael

**Readers**  
Tania  
Brian  
Kate (R)

**Music**  
Harvest

**Communion Min**  
Titus  
Volunteer Needed

**Powerpoint**  
Volunteer needed

**Welcomers**  
Volunteers needed

**7 DEC, 5PM  
ST KIERAN'S**

**Senior Server**  
Kevin

**Readers**  
Gerry  
Louise  
Catherine (R)

**Music**  
Ben

**Communion Min**  
Volunteer needed  
Volunteer Needed

**Powerpoint**  
Volunteer needed

**Welcomers**  
Volunteers needed

## OBSERVANCES FOR THE WEEK OF 30 NOVEMBER

**Mon 1 Dec:** Monday of the 1st Week of Advent  
**Tue 2 Dec:** Tuesday of the 1st Week of Advent  
**Wed 3 Dec:** St Francis Xavier, priest  
**Thu 4 Dec:** Thursday of the 1st Week of Advent  
**Fri 5 Dec:** Friday of the 1st Week of Advent  
**Sat 6 Dec:** Saturday of the 1st Week of Advent

## The Catholic Community of North Harbour



Under the Pastoral Care of the Augustinians

Catholic Diocese of Broken Bay [www.bbcatholic.org.au](http://www.bbcatholic.org.au)

### Parish Office

2 King Street, MANLY VALE 2093 NSW AUSTRALIA

P 02 9949 4455 E [office@nhcatholic.org.au](mailto:office@nhcatholic.org.au) W [www.bbcatholic.org.au/northharbour](http://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](mailto:pp@nhcatholic.org.au)

**Asst Priest:** Fr Jumbim Torres, OSA E [jtorres@nhcatholic.org.au](mailto:jtorres@nhcatholic.org.au)

**Asst Priest:** Fr John Zhang E [jzhang@nhcatholic.org.au](mailto:jzhang@nhcatholic.org.au)

**Administration Officer:** Charlene Mendoza E [admin@nhcatholic.org.au](mailto:admin@nhcatholic.org.au) (Tue-Fri)

**Bookkeeper:** Valerie Buono E [accounts@nhcatholic.org.au](mailto:accounts@nhcatholic.org.au) (Thu)

**Parish Secretary:** Jane Filacuridi E [office@nhcatholic.org.au](mailto:office@nhcatholic.org.au) (Tue, Wed)

**Parish Secretary:** Anne Ross E [office@nhcatholic.org.au](mailto:office@nhcatholic.org.au) (Thu, Fri)

**Catechists, Family & Sacramental Ministries:** Ursula Halloway M 0450 101 767 E [families@nhcatholic.org.au](mailto:families@nhcatholic.org.au)

**Media & Communications:** Caroline Ng E [comms@nhcatholic.org.au](mailto:comms@nhcatholic.org.au)

**Music Ministry:** Marianne Kaw-Deveza E [music@nhcatholic.org.au](mailto:music@nhcatholic.org.au)



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**St Kieran's Catholic  
Primary School**



Acting Principal:  
Ms Marisa Bombardieri



**Now  
Enrolling!**

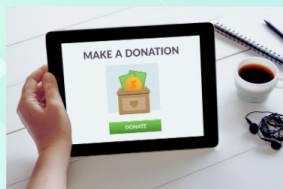
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02 7256 2131

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[www.skmvdbb.catholic.edu.au](http://www.skmvdbb.catholic.edu.au)

**CATHOLIC SCHOOLS BROKEN BAY**  
Co-educational pathways K - 12

## PLEASE CONSIDER ONLINE GIVING

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



THE CATHOLIC COMMUNITY OF  
**NORTH HARBOUR**



CATHOLIC  
DIOCESE OF  
BROKEN BAY



**AUGUSTINIAN  
CLERGY**  
(First Collection)



**PARISH  
GIVING**  
(Second Collection)



**PASTORAL WORKS  
BROKEN BAY**  
(Diocesan Ministries)

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

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