THE CATHOLIC COMMUNITY OF
NORTH HARBOUR

Under the Pastoral Care of the Augustinians
Diocese of Broken Bay

SCAN HERE
TO ACCESS
SUNDAY READINGS
& PARISH UPDATES

Serving the southern part of the Northern Beaches Peninsula of Sydney, we bring together the faithful from Allambie, Allambie Heights, Balgowlah, Balgowlah Heights, Brookvale, Clontarf, Manly Vale, North Balgowlah, Seaforth, and parts of Beacon Hill and North Manly into one parish family.

5 JULY 2026 | 14TH SUNDAY IN ORDINARY TIME, YEAR A



FIRST READING
Zechariah 9:9-10
Rejoice O Zion.

RESPONSORIAL PSALM
Psalm 144:1-2. 8-11. 13-14 R. v.1
I will praise your name for ever,
my king and my God.

SECOND READING
Romans 8:9.11-13
Life in the Spirit brings life everlasting.

GOSPEL ACCLAMATION
See Matthew 11:25
Alleluia, alleluia!
Blessed are you, Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.
Alleluia!

GOSPEL
Matthew 11:25-30
Christ will refresh the weary.



PARISH OFFICE
MANLY VALE
NORTH HARBOUR PARISH CENTRE
2 King Street, Manly Vale 2093 NSW
Tue-Fri: 9am-4pm | (02) 9949 4455
office@nhparish.org.au
www.northharbourparish.org.au



ST KIERAN'S CHURCH
MANLY VALE
2 King Street, Manly Vale

MASS TIMES:
Saturday (Vigil): 5.30pm
Sunday: 7.30am, 9.30am, 5pm
Mon, Tue, Thurs, Fri, Sat: 8.30am



ST CECILIA'S CHURCH
BALGOWLAH
Wanganella & White Sts, Balgowlah

MASS TIMES:
Sunday: 9am
Wednesday: 9am

PASTORAL CARE FOR THE HOMEBOUND

If you or someone you know is unable to come to Mass because of illness, frailty, or age, our clergy and pastoral care ministers are here to support you. We can bring Holy Communion, offer the Sacrament of Reconciliation, and provide Anointing of the Sick in your home or place of care. For more information or to arrange a visit, please contact the Parish Office.

SERVING OUR COMMUNITY IN FAITH

CLERGY

Parish Priest
Fr Michael Belonio, OSA
pp@nhparish.org.au

Assistant Parish Priests
Fr Jumbim Torres, OSA
jtorres@nhparish.org.au

Fr John Zhang
jzhang@nhparish.org.au

PASTORAL & SUPPORT TEAM

Administration
Charlene Mendoza (Tue-Fri)
admin@nhparish.org.au
office@nhparish.org.au

Admin Asst | Media & Comms
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Bookkeeper
Valerie Buono (Thu)
accounts@nhparish.org.au

Catechists, Family & Sacraments
Ursula Halloway
families@nhparish.org.au

Community Life & Mission
Lea Joris
mission@nhparish.org.au

Music Ministry | Media & Comms
Marianne Kaw-Deveza
music@nhparish.org.au
comms@nhparish.org.au

OUR ACKNOWLEDGMENT

With gratitude, we acknowledge the Traditional Custodians of this land and honour their enduring connection to Country. We pay our respects to Elders past and present, and to all First Nations people among us.

A SAFE AND CARING PARISH

We strive to make our parish a place where everyone feels safe, valued, and respected. Safeguarding is a shared responsibility, and we thank our community for helping us uphold this commitment.

If a word from Scripture settles in your heart or invites you to pause, we welcome you to share that grace. Your reflection becomes a gift that strengthens and uplifts our community. To offer a contribution for this space, scan QR code or e-mail office@nhparish.org.au

VOICE FROM THE PEWS

Where Scripture meets real life

Joanna Trube



A few months ago, rummaging around in the music area within St Cecilia's Church sanctuary before Mass, I noticed there was a lot of dust covering the equipment. As a music ministry member, I took it upon myself to clean it up. More to the point, I think it was my autistic tendencies that drove me to do it - my extreme dislike of mess!

But it didn't stop there. Once I got started, I kept going. What was driving this desire now?

Peace. Quiet. Time to reflect.

Spending time in the church, by myself on a weekend for a couple of hours at a time, has become the healing force I need in my life right now. I get to escape the crazies of a hectic work/life week and do something I enjoy doing (yes, really). I also get that time alone in God's house, conversing with Him either in my mind or aloud as nobody is there... except us.

There's still loads to do. Cleaning, sorting, organising... but I'm not alone in this respect. We have a wonderful team of parishioners, and a pastoral team who do so much for our church. It is such a rewarding thing to be part of too: connecting with community, deepening faith, and for me... bringing peace.

CELEBRATING THE SACRAMENTS & PARISH LIFE

RECONCILIATION

Saturday 5-5:30pm | St Kieran's Church

YOUTH MASS

2nd Sunday 5pm | St Kieran's Church
during school term

FAMILY MASS

4th Sunday 9am | St Cecilia's Church
with Children's Liturgy of the Word

4th Sunday 5pm | St Kieran's Church
with Children's Liturgy of the Word

CHILDREN'S LITURGY OF THE WORD

Sunday 9.30am | St Kieran's Church

BAPTISM

Sunday 10:30am | St Cecilia's Church
Sunday 11:30am | St Kieran's Church

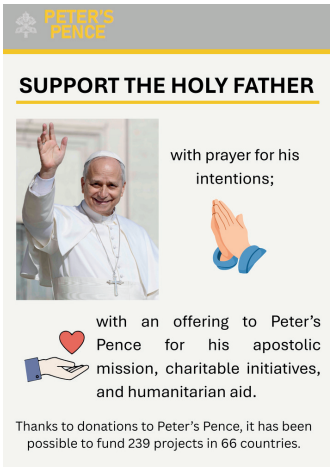
For first-time baptisms, a preparation session helps families feel ready and supported. Please contact the Parish Office.

WEDDING

We ask for six months' notice, with a Pre-Marriage Course as part of your preparation.

FUNERAL

Families are invited to contact a funeral director first. The Parish Office will gently guide the liturgy arrangements.



PETER'S PENCE COLLECTION

SUPPORT THE HOLY FATHER | 5TH OF JULY

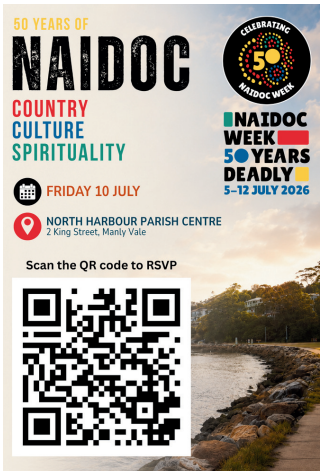
This weekend, we join parishes across the world in taking up the Vatican's annual Peter's Pence Collection. This collection provides for the charitable works of mercy identified by His Holiness, Pope Leo XIV, including emergency assistance to those in need due to natural disaster, war, oppression and disease. Your generosity allows the Holy Father to respond to those suffering with love and compassion. The envelopes are available at the church entrances; return via the Special Collections box. Alternatively, you can use the Tap & Go Machines (Special Collections). Thank you for your generosity.



AFA CHRISTMAS IN JULY

RSVP AND PAYMENT BY 8 JULY

Gather with friends and fellow parishioners for AFA's annual Christmas in July on **Sunday 19 July at 12:30pm** in the **North Harbour Parish Centre**. Enjoy a traditional two-course Christmas lunch, festive fun, wonderful company, and the opportunity to win some great prizes. BYO drinks. As a fundraiser, proceeds from the event will help support the formation of future Augustinians. $60 per person. **RSVP and payment by 8 July.** For details, on how to book and pay, refer to the flyers and posters displayed in our churches. All are welcome.



50 YEARS OF NAIDOC

COUNTRY, CULTURE, SPIRITUALITY

Join us for a special NAIDOC Week gathering on **Friday, 10 July** at the **North Harbour Parish Centre**. Refreshments from 7:00pm, with the program commencing at 7:30pm. Featuring *Theresa Ardler*, *Jacqui Remond* and *Paul Griffiths*, the evening offers storytelling, dialogue and a yarning circle exploring the richness of Aboriginal and Catholic traditions. Be inspired as we listen, learn and reflect together, fostering deeper understanding, respect and connection between Aboriginal and Catholic traditions within our local community. Donations at the door are appreciated. Scan the QR code or visit our website to RSVP.



WELCOME TO NORTH HARBOUR

Whether you're new to the Catholic faith, returning after some time away, or simply exploring, we're grateful you're here. This community is made up of people at every stage of the journey — questioning, searching, growing, and discovering God's presence in daily life.

YOU BELONG HERE

If you're visiting, newly arrived, or settling into the parish, we'd love to meet you. Please feel free to introduce yourself to one of the priests or volunteers after Mass, or contact the Parish Office during the week. We're here to help you feel at home.

EXPLORING THE FAITH

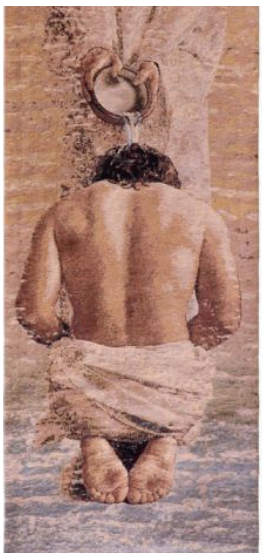
If you're curious about becoming Catholic, wanting to understand the faith more deeply, or thinking about receiving the sacraments as an adult, we'd be honoured to walk with you. Our parish offers gentle, welcoming pathways for enquiry, conversation, and formation.

LOOKING TO GET INVOLVED

There are many ways to connect — through prayer, service, community groups, or parish ministries. Whether you have a lot of time or just a little, your presence and gifts can make a difference.

NEED SUPPORT

Life can be joyful, complicated, or heavy at times. If you're seeking prayer, pastoral care, or simply someone to talk to, please reach out. You don't have to walk alone.



REJOICING IN NEW LIFE IN CHRIST

WITH JOY, WE WELCOME INTO OUR PARISH FAMILY THROUGH BAPTISM THIS SUNDAY

Noah Peter *(son of Jonathan and Elisa)*

May they grow in faith, hope and love.

PARISH RENEWAL PRAYER GROUP

Join us for Meditations on the Rosary for Parish Renewal: after 8:30am mass SK - Mon, Tue, Thu & after 9am mass SC - Wed.

We continue this week to party for the Augustinian Provincial Chapter.
We pray Lord that each person has time for reflection. We pray in thanksgiving for the gifts of each of the members. We pray for safe travel.
Come Holy Spirit.



STAY CONNECTED

QUICK ACCESS TO ALL PARISH LINKS

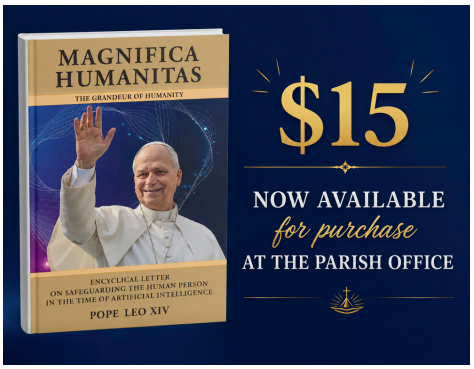
Stay connected with parish life by scanning the QR code. You will find our Sunday readings, weekly bulletin, sacramental information, ministry sign-ups, giving links and more — all gathered together in one convenient place through our parish Linktree account. Alternatively, you can also visit: **linktr.ee/northharbourparish** We hope this parish hub helps you!



PLANNED GIVING ENVELOPES

NOW AVAILABLE

The new Planned Giving envelopes for the upcoming financial year are now available for collection from our churches. If you are part of the Planned Giving program, please collect your box at your earliest convenience.



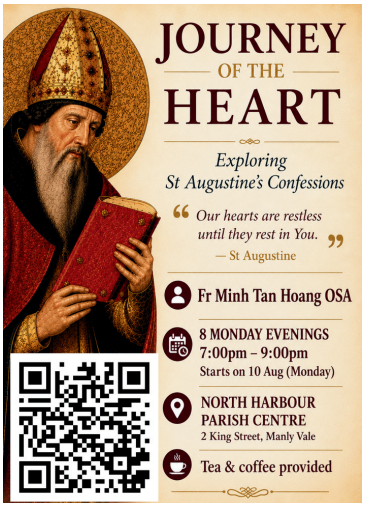


SONG & LOGO COMPETITION

AUGUSTINIAN YOUTH ENCOUNTER 2027

The next Augustinian Youth Encounter (AYE27) is heading to South Korea from 8–13 August 2027! Inspired by Mark 6:50 — "Take heart, it is I. Have no fear." — AYE27 will bring together young people from across the Augustinian Family to celebrate faith, friendship, and hope.

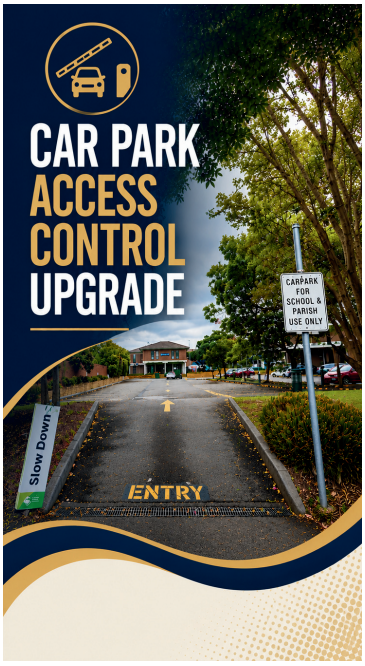
Are you creative? We're looking for the official AYE27 logo and theme song! Enter the AYE27 Song & Logo Competition and leave your mark on this international gathering. Visit **ayeosa.com** or scan the QR code for competition details. ***Entries close: 15 July 2026.***



JOURNEY OF THE HEART

EXPLORING ST AUGUSTINE'S CONFESSIONS

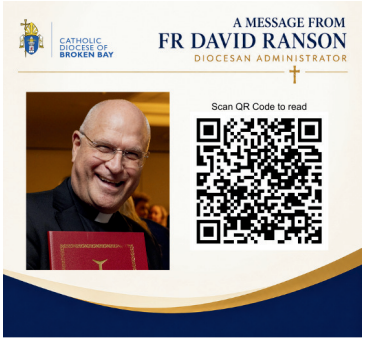
Join Fr Tan for an eight-week journey through St Augustine's Confessions (Maria Boulding translation). Discover Augustine's inspiring story of conversion, faith, and the search for truth, and explore how his insights continue to speak to our lives today. The series will meet on **Monday evenings** from **7:00pm–9:00pm** at the **North Harbour Parish Centre**, commencing on **10 August** and concluding on 28 September. All are welcome. Tea and coffee will be provided. Participants are encouraged to bring a copy of St Augustine's Confessions for reference throughout the series. Scan the QR code on the accompanying poster to RSVP.



ST KIERAN'S PARISH CAR PARK

ACCESS CONTROL UPGRADE

Over the coming weeks, you may notice works taking place at the entrances to our parish car park as part of the installation of a new automated boom gate system.This project has been made possible through funding from the **NSW Government's Safe Places for Faith Communities Program** and forms part of our ongoing commitment to improving the safety, security and accessibility of our parish and school. The new system is designed to help ensure that parking remains available for parishioners, school families, visitors attending parish activities, and other genuine users of our facilities. The boom gates are **not yet operational**. We will provide further information regarding how the system will work, including parking arrangements and commencement dates, before it is activated. Thank you for your patience and understanding while these works are being completed.



LETTER TO THE PEOPLE OF GOD

FROM DIOCESAN ADMINISTRATOR

Following his election as Diocesan Administrator last Friday, Fr David Ranson has shared a message with the faithful of the Diocese of Broken Bay. We are pleased to make his letter available to our parish community. Scan the QR code to read his message.



DONATE A DEVICE

PARISH SJ SUPPORTS ASC NEWTOWN

For someone seeking asylum, a laptop or smartphone can be a lifeline. Through the Asylum Seekers Centre's Donate a Device program, your old, working phone or laptop can help someone study, apply for work, access essential services, and stay connected with family and community.

Every donated device is securely wiped before being reissued. ***If donating an iPhone, please turn off "Find My iPhone"***. Please drop your device (with its charger, if possible) at the Parish Office or in the collection boxes at the rear of the church over the coming weeks. We will deliver all donations to the Asylum Seekers Centre in Newtown.



RE-IMAGINING HOPE

2026 NATIONAL LAY CONGRESS

Hosted by Friends of St Augustine and the Australasian Augustinian Province, the 2026 National Congress is open to all, especially those interested in the spirituality of St Augustine. Centred on the theme Re-imagining Hope, the Congress will explore the Augustinian charisms of restlessness, interiority, fraternity and service, helping participants grow in their spirituality, deepen their understanding of the spirituality that inspires Pope Leo XIV, and celebrate their faith together.

For enquiries, contact Judith Duncan (0417 309 747) or Mary McCormick (0419 134 075). For the full schedule, registration and payment details, please pick up a flyer from the church foyers.



SINGING UP COUNTRY

5 JULY 2026 | 3:30PM TO 8:30PM

Experience the spirit of community at the 12th annual Singing Up Country at **St Anthony in the Fields Church, Terrey Hills**. This inspiring event celebrates Aboriginal and Torres Strait Islander culture through music, storytelling, and a shared commitment to caring for Country. The afternoon begins at 3:30pm with a guided bush walk, followed by a smoking ceremony, live performances from acclaimed Indigenous artists, and a hearty soup supper. Hosted by the Frenchs Forest Catholic Parish Social Justice Group, the event offers a culturally safe and welcoming space for all. Tickets are $50 adults, $40 concession, and free for children under 15. Scan QR code to book.

PARISH SOCIAL JUSTICE

FAITH IN ACTION - LIVING THE GOSPEL THROUGH JUSTICE & LOVE

Inspired by Pope Francis' Laudato Si', our Parish Social Justice group is committed to responding to the cry of the earth and the cry of the poor. We invite you to join us in making a difference through these meaningful initiatives:

- **Donate a Device** - support the Asylum Seekers Centre by donating a device—offering hope, opportunity, and connection to those in need while caring for our common home.
- **Vinnies Winter Appeal** - give generously this winter via the QR code or envelopes at the back of the church, or by donating good, clean clothing to the Vinnies drop-off centre in Rogers St, Brookvale.
- **50 Years of NAIDOC** - join us for an evening of storytelling, conversation, and a yarning circle as we explore the richness of Aboriginal and Catholic traditions—a time to listen, learn, and deepen our respect and connection.

All are welcome!
Come along to our next Parish Social Justice meeting:
Monday 6 July, 7pm | North Harbour Parish Centre
Together, let us live our faith through action.

PARISH SOCIAL JUSTICE
Faith in action
– living the Gospel through justice and love



OCIA (WINE & CHEESE NIGHT)

20 AUGUST 2026 | 7:00PM

Are you curious about the Catholic faith or thinking about becoming Catholic? Join us for a relaxed evening to learn about the Order of Christian Initiation of Adults (OCIA), hear faith stories from parishioners and recent participants, and ask questions in a welcoming, no-pressure setting.

Thursday, 20 August, 7:00pm
North Harbour Parish Centre

Everyone is welcome. RSVP is preferred, but walk-ins are most welcome. For enquiries contact Ursula Halloway at sacraments@nhparish.org.au

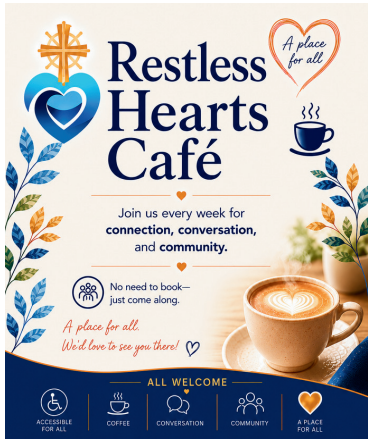


A JOURNEY BEGINS HERE

BAPTISM OF SCHOOL-AGED CHILDREN

Is your child aged 7–12 and not yet baptised? We warmly invite your child to prepare for the Sacrament of Baptism alongside other children of a similar age in a fun, welcoming and engaging program. Through friendship, learning and prayer, they'll discover God's love and take the next step in their journey of faith.

The Preparation Session will be held on **Sunday, 9 August 2026**, from **2:00–4:00pm** at the **North Harbour Parish Centre.**The Sacrament of Baptism will be celebrated on **Sunday, 23 August 2026**, with the choice of **10:30am at St Cecilia's Church** or **11:30am at St Kieran's Church**.



RESTLESS HEARTS CAFÉ

EVERY MONDAY AND THURSDAY

Join us every Monday and Thursday for connection, conversation, and community. No need to book—just come along.

Mondays 1:00pm to 3:30pm – Come As You Are
Drop in for a coffee, stay for a chat, and enjoy opportunities for simple mindfulness activities in a relaxed setting.
Thursdays 9:30am to 12:00pm – Coffee & Conversation
Stay for a casual group discussion exploring "Presence: The Mystery of the Eucharist."



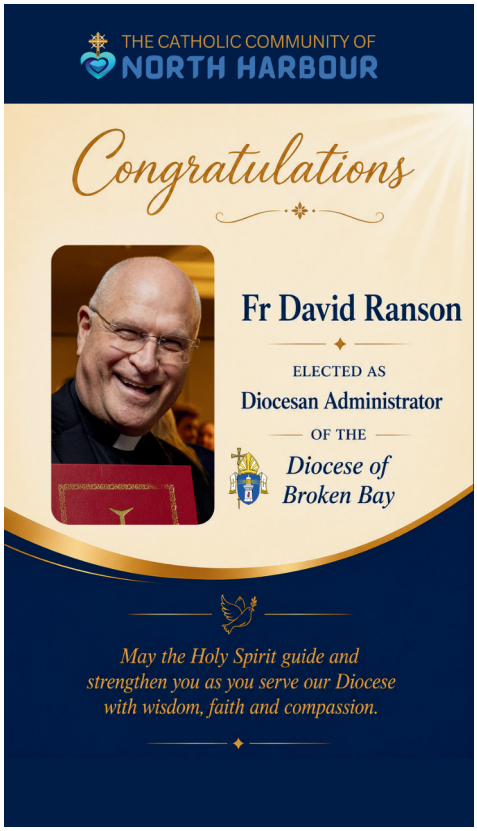
SACRAMENTS

SAVE THE DATE

Sacramental Program 2026-27

Parent Information Meeting:
15 September 2026 | 9:30am or 7:00pm

Sacrament of Confirmation:
28 November 2026 | 11am or 2pm
St Kieran's Church





"Lord, my God, how great You are, and yet You make Your home in the humble of heart! It is You Who lift up the downtrodden, and You Who are their grandeur."

St Augustine of Hippo, Confessions, 11, 31.

WE HOLD IN PRAYER OUR PARISHIONERS

WE PRAY FOR THE SICK AND HOMEBOUND

Vlad, Jenny Hatton

WE REMEMBER THOSE WHO HAVE DIED RECENTLY

Rosalia Remulta, Patrick Flannery, Maria Bernadette Marley, Margaret Anne Eade, Jules De Vries, Larissa Brown, Joshepine Himo, Elizabeth McGregor, all those who died in the recent earthquake in Venezuela

WE HONOUR THEIR ANNIVERSARIES

Millie Saunders, Therese Ryan

May God hold in love all those we lift up in prayer.

We are here to pray with you. Send your intentions to: office@nhparish.org.au

COLOR

Read the Gospel of the week and color the image.





GOSPEL

When you are tired and upset, go to God. Talk things over with him. Tell him the whole story. God is a good listener. He has a gentle heart. He will say to you, "I love you. I forgive you." Then snuggle up with your favorite blanket and take a nap. When you wake up, you will feel much better. Then you will share your love by saying, "May I help you?"

PRAYER

Lord Jesus, fill me with love for my family, friends, and neighbors.

NEXT WEEKEND (12 JULY 2026): 15TH SUNDAY IN ORDINARY TIME, YEAR A

FIRST READING
Isaiah 55:10-11
The Lord's word refreshes and stimulates.

RESPONSORIAL PSALM
Psalm 64:10-14 R. Lk 8:8
The seed that falls on good ground will yield a fruitful harvest.

SECOND READING
Romans 8:18-23
Our suffering is nothing compared to the coming glory.

GOSPEL ACCLAMATION
Alleluia, alleluia!
The seed is the word of God, Christ is the sower; all who come to him will live for ever.
Alleluia!

GOSPEL
Matthew 13:1-23
Parable of the sower.

11 JULY, 5.30PM ST KIERAN'S	12 JULY, 7.30AM ST KIERAN'S	12 JULY, 9AM ST CECILIA'S	12 JULY, 9.30AM ST KIERAN'S	12 JULY, 5PM ST KIERAN'S
READERS Bob (1) John (2) Edelvine (R)	**READERS** Olivier (1) Jenny (2)	**READERS** Maria (1) Larissa (2) Gabrielle (R)	**READERS** Terry (1) Sol (2)	**READERS** Gerry (1) Kevin (2) Sacha (R)
POWERPOINT Volunt'r Need'd	**POWERPOINT** Lea	**POWERPOINT** Volunt'r Need'd	**POWERPOINT** Volunt'r Need'd	**POWERPOINT** Volunt'r Need'd
SENIOR SERVER Louise	**SENIOR SERVER** Anna	**SENIOR SERVER** Ilde Eva	**SENIOR SERVER** Michael McM	**SENIOR SERVER** Stephen
EMHC Elizabeth-Anne Jo	**EMHC** Paul Elsie	**EMHC** Volunt'r Need'd	**EMHC** Joseph Kathryn	**EMHC** Carol Geraldine
MUSIC Parish Choir	**MUSIC** None	**MUSIC** PPT with audio	**MUSIC** Anushka C	**MUSIC** Ben M

OBSERVANCES FOR THE WEEK OF 5 JULY 2026

Mon 6 July:	Monday of the 14th Week in Ordinary Time / St Maria Goretti
Tue 7 July:	Tuesday of the 14th Week in Ordinary Time / St Peter To Rot
Wed 8 July:	Wednesday of the 14th Week in Ordinary Time
Thu 9 July:	Thursday of the 14th Week in Ordinary Time / St Augustine Zhao Rong & comp.
Fri 10 July:	Friday of the 14th Week in Ordinary Time
Sat 11 July:	St Benedict

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Reach our parish community each week

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admin@nhparish.org.au

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