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.

28 JUNE 2026 | 13TH SUNDAY IN ORDINARY TIME, YEAR A



FIRST READING
2 Kings 4:8-11. 14-16
Elisha promises a son to an influential woman.

RESPONSORIAL PSALM
Ps 88:2-3. 16-19. R. v.2
Forever I will sing the goodness of the Lord.

SECOND READING
Romans 6:3-4. 8-11
We are baptized into Christ's death.

GOSPEL ACCLAMATION
1 Peter 2:9
Alleluia, alleluia!
You are a chosen race, a royal priesthood, a holy people. Praise God who called you out of darkness and into his marvellous light.
Alleluia!

GOSPEL
Matthew 10:37-42
Take up your cross.



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)
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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, please contact the Parish Office.

VOICE FROM THE PEWS

Where Scripture meets real life

Ian Smith



On 1st of January this year, I committed to spending the year listening to The Bible in a Year podcast. I didn't realise at the time just how much that simple decision would strengthen my faith.

For those unfamiliar with it, the podcast is hosted by Fr. Mike Schmitz. Each day, Fr. Mike reads passages from the Bible and Psalms before taking a few moments to explain what was discussed, provide context, and offer practical examples of how it applies to our lives today.

My name is Ian Smith. I am 28 years old and originally from Ireland, but I now live on Sydney's Northern Beaches.

Growing up in Ireland, a historically staunchly Catholic country, faith was very important to myself and my family. I attended De La Salle primary and secondary schools, made my First Holy Communion and Confirmation, attended Mass weekly, and even spent time as an altar server. However, like many in my generation, I went through an angsty teenage phase, grew cynical, and regrettably drifted away from my faith.

At some point in recent years, I can't remember exactly when, I slowly found myself coming back to my faith, and I am very thankful that I did. Growing in my faith has given me an enormous sense of calm that I find difficult to put into words.

As I write this, I am on Day 161 of the podcast, where we listened to Mark 15 and 16 and Psalm 22. These readings cover the Crucifixion and Resurrection. Today's episode reminds us of the cost of sin and, of course, the selfless love of God. One line from Fr. Mike that particularly struck me was: "It wasn't the nails that kept Jesus on the cross, but His love for us."

Listening to The Bible in a Year is a wonderful way to spend a few moments each day with God's word and to take time to reflect. Most importantly, it reminds us of the sacrifice Jesus made for us and the gift of eternal life.

Each day I listen, I take great comfort in these words, and I highly recommend the podcast. I hope it helps you as much as it has helped me.

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

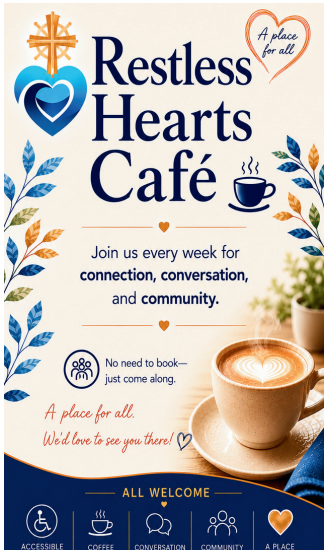
For first-time baptisms, a preparation session helps families feel ready and supported. Please contact the Parish Office.

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.



RESTLESS HEARTS CAFÉ

EVERY MONDAY AND THURSDAY

We invite you to the launch of Restless Hearts Café, a warm and welcoming space open to all:

- **Monday 29 June | 1:00pm – 3:30pm | NH Parish Centre**
- **Thursday 2 July | 9:30am – 12:00pm | NH Parish Centre**

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

Mondays – 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 – Coffee & Conversation

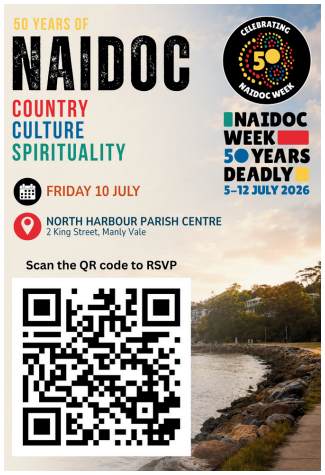
Stay for a casual group discussion exploring "Presence: The Mystery of the Eucharist."



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.


STAINED GLASS AT ST KIERAN'S CHURCH

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

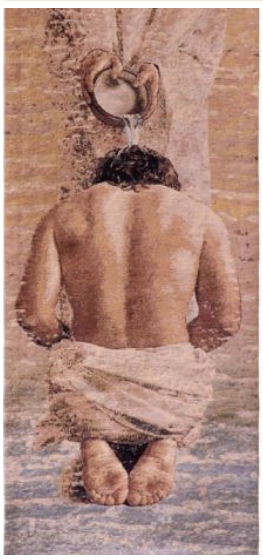
If you're curious about becoming Catholic, wanting to understand the faith more deeply, or thinking about receiving the sacraments as an adult, we'd be honoured to walk with you. Our parish offers gentle, welcoming pathways for enquiry, conversation, and formation.

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

NEXT BAPTISM PREPARATION COURSES 2026

August 2

October 4

December 6

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.

This week we pray for the Augustinian Provincial Chapter meeting. Lord we pray for the discernment of the Holy Spirit during meetings and discussions. We pray for the well-being of all and joy in the fellowship of the group. 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!



PETER'S PENCE COLLECTION

SUPPORT THE HOLY FATHER | 5TH OF JULY

On Sunday 5th July, we join parishes across the world in taking up the Vatican's annual Peter's Pence Collection. The Peter's Pence 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.



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.***



AUGUSTINIAN FORMATION APPEAL

FOR JUNE 2026

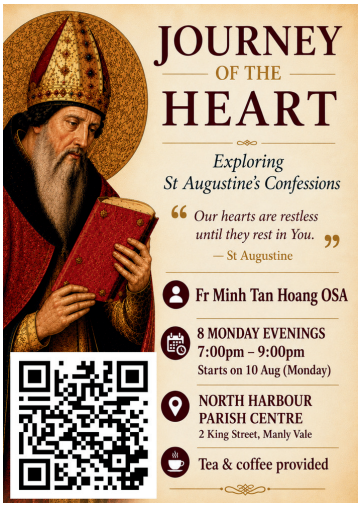
As we begin raising awareness for this year's Augustinian Formation Appeal, parishioners are warmly invited to consider supporting the formation of our young Augustinians. This early appeal also provides an opportunity for those wishing to make a tax-deductible donation before 30 June. Your generosity helps nurture future Augustinians. To donate, scan the QR code. Appeal envelopes are also available in the foyer.



PLANNED GIVING ENVELOPES

NOW AVAILABLE FOR COLLECTION

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. Your regular contributions help sustain the life and mission of our parish, supporting our worship, ministries, pastoral care, and outreach to the wider community. We are deeply grateful for your ongoing generosity and faithful commitment to North Harbour Parish. If you have any questions about Planned Giving or would like to join the program, please call the Parish Office at 9949 4455.



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.



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.





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.

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.

PARISH SOCIAL JUSTICE

FAITH IN ACTION - LIVING THE GOSPEL THROUGH JUSTICE & LOVE

RESPONDING TO THE CRY OF THE EARTH AND THE CRY OF THE POOR

This year, we have been deepening our understanding of Laudato Si', Pope Francis' encyclical that calls all of us to action. Its core message reminds us that caring for our common home is not only an ethical responsibility but also a spiritual one.

Throughout the year, we have listened to inspiring guest speakers, including Phil Jones from Social Justice on the Bay, Michelle Chahine, Justice and Peace Facilitator for the Diocese of Broken Bay, Jacqui Remond, co-founder of the global Laudato Si' Movement, and Frances Rush from the Asylum Seekers Centre.

We support the work of St Vincent de Paul Society (Vinnies), Days for Girls, and the Asylum Seekers Centre, including its ongoing ***Donate a Device*** appeal. We have also supported initiatives such as the Northern Beaches Reconciliation Service, which promote reconciliation, justice, and care for our common home.

We invite you to journey with us as we respond to the cry of the earth and the cry of the poor. Upcoming opportunities include ***Singing Up Country*** and ***50 Years of NAIDOC Week***. We encourage all parishioners to participate in these opportunities to learn, reflect, and take action in solidarity with First Nations peoples and those experiencing disadvantage.

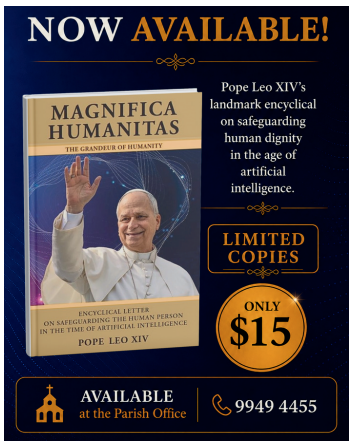
All are welcome to attend our next meeting on **Monday, 6 July 2026**, at **7:00pm** in the **North Harbour Parish Centre**.



THANK YOU FROM VINNIES

BALGOWLAH AND MANLY VALE CONFERENCES

A heartfelt thank you from the Balgowlah and Manly Vale Conferences of St Vincent de Paul to all families who supported our Winter Appeal through their generosity at the First Holy Communion Masses this month. Your kindness is making a real difference, offering hope and practical support to those in our community doing it tough.
Thank you for helping us care for others.



MAGNIFICA HUMANITAS

NOW AVAILABLE FOR PURCHASE

Discover Magnifica Humanitas, the first encyclical of Pope Leo XIV, offering a timely reflection on safeguarding the dignity of the human person in the age of artificial intelligence.

Copies are now available for purchase at the Parish Office for $15 each. Limited copies only—secure yours while stocks last! For enquiries, please contact the Parish Office on 9949 4455.



IGNITE CONFERENCE 2026

A YOUTH INITIATIVE

Ignite Conference 2026 | Ascend proudly hosted by the Diocese of Broken Bay Light of Christ Centre, Waitara - Thursday 9 July – Sunday 12 July 2026. One of Australia's leading Catholic youth conferences, Ignite brings together young people for inspiring speakers, vibrant worship, prayer, and community. Tickets are selling fast, don't miss out: **https://igniteconference.com.au/sydney**



SACRAMENTS

SAVE THE DATE

Baptism of School-Aged Children

Preparation Session:
9 August 2026 | 2-4pm
North Harbour Parish Centre

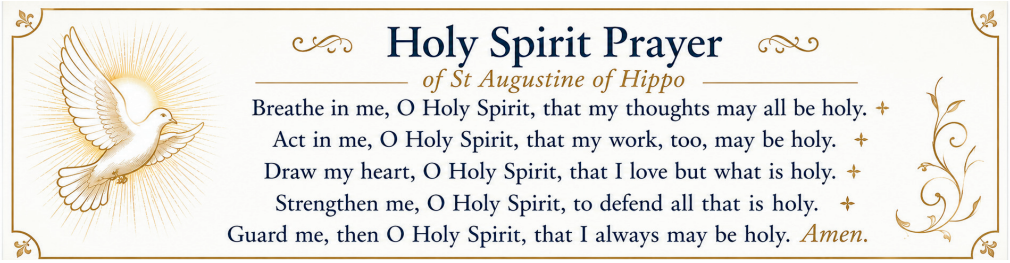
Sacrament of Baptism:
23 August 2026
10:30am at St Cecilia's Church
11:30am at St Kieran's Church

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







"O Word before all time, by Whom time was made, born in time although You are eternal life, You call us who are bound by time and make us eternal."
St Augustine of Hippo, Commentary on Psalm 101 (2), 10

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, Leo Morallon, Daniel Greco, Elizabeth McGregor, all those who died in the recent earthquake in Venezuela

WE HONOUR THEIR ANNIVERSARIES

Margaret Goldston, John Osborne

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

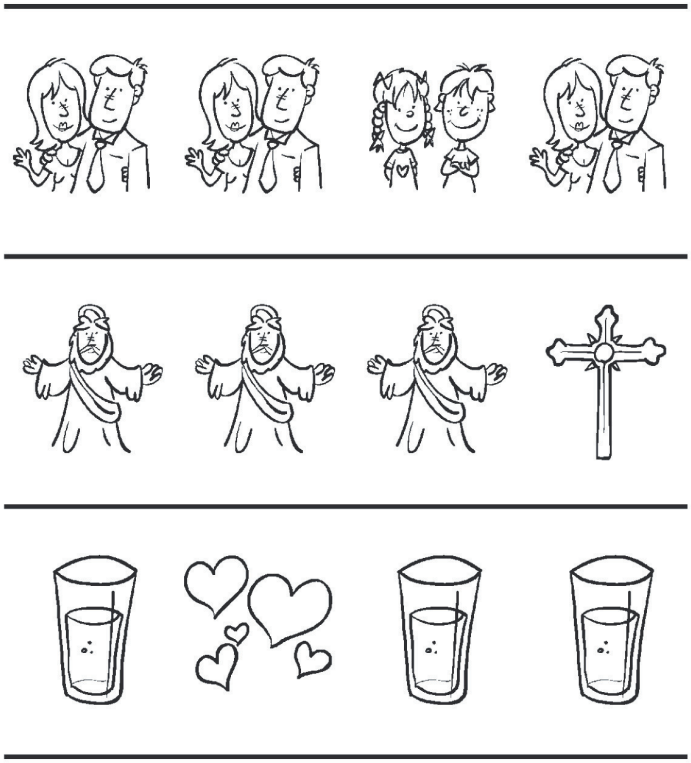
COLOR

Read the Gospel of the week and color the image.



PUZZLE

Circle the picture that is **different**. Then color in all the pictures



NEXT WEEKEND (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.

4 JULY, 5.30PM ST KIERAN'S	5 JULY, 7.30AM ST KIERAN'S	5 JULY, 9AM ST CECILIA'S	5 JULY, 9.30AM ST KIERAN'S	5 JULY, 5PM ST KIERAN'S
READERS Val (1) Cecilia (2) Caterina (R)	**READERS** Joseph (1) Jenny (2) Paul (R)	**READERS** Michael H. (1) Michael C. (2) Pauline (R)	**READERS** Brian (1) Gene (2)	**READERS** Louise (1) Catherine (2) Linda (R)
POWERPOINT Volunt'r Need'd	**POWERPOINT** Olivier	**POWERPOINT** Volunt'r Need'd	**POWERPOINT** Volunt'r Need'd	**POWERPOINT** Volunt'r Need'd
SENIOR SERVER David	**SENIOR SERVER** Jo	**SENIOR SERVER** Ilde	**SENIOR SERVER** Michael McM	**SENIOR SERVER** Kevin
EMHC Edelvine Jenny	**EMHC** Lea Anna	**EMHC** Volunt'r Need'd Volunt'r Need'd	**EMHC** Titus Kaye	**EMHC** Christine
MUSIC Parish Choir	**MUSIC** None	**MUSIC** TBD	**MUSIC** TBD	**MUSIC** Ben Marshall

OBSERVANCES FOR THE WEEK OF 28 JUNE 2026

Mon 29 June:	Sts Peter and Paul, apostles
Tue 30 June:	Tuesday of the 13th Week in Ordinary Time
Wed 1 July:	Wednesday of the 13th Week in Ordinary Time
Thu 2 July:	Thursday of the 13th Week in Ordinary Time
Fri 3 July:	St Thomas, apostle
Sat 4 July:	Saturday of the 13th Week in Ordinary Time / St Elizabeth of Portugal

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Reach our parish community each week

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admin@nhparish.org.au

ADVERTISE YOUR BUSINESS

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St Kieran's Catholic Primary School



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Ms Margaret Holles

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