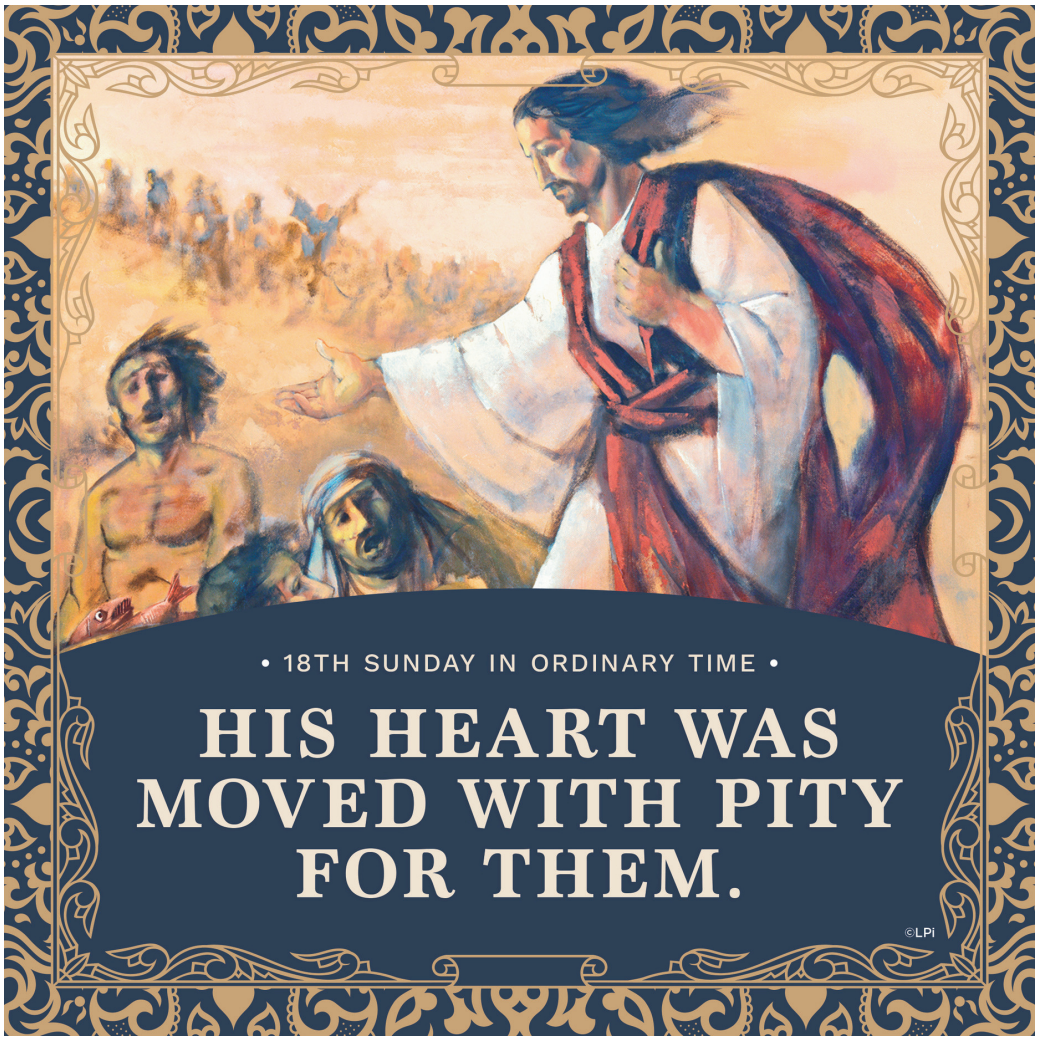
THE CATHOLIC COMMUNITY OF
NORTH HARBOUR

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.

2 AUGUST 2026 | 18TH SUNDAY IN ORDINARY TIME, YEAR A



FIRST READING
Isaiah 55:1-3
Come to the water.

RESPONSORIAL PSALM
Ps 144:8-9. 15-18. R. v.16
The hand of the Lord feeds us:
he answers all our needs.

SECOND READING
Romans 8:35. 37-39
Nothing can seperate us from the love of God.

GOSPEL ACCLAMATION
Matthew 4:4
Alleluia, alleluia!
No one lives on bread alone,
but on every word that comes from the mouth of God.
Alleluia!

GOSPEL
Matthew 14:13-21
Jesus feeds five thousand.



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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office@nhparish.org.au

Admin Asst | Media & Comms
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comms@nhparish.org.au

Bookkeeper
Valerie Buono (Thu)
accounts@nhparish.org.au

Catechists, Family & Sacraments
Ursula Halloway
sacraments@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

Anne McKeown



I never learned to swim. So, when we moved to Australia, it was important to me that my children be safe and confident in the water. I booked swimming lessons for them and decided at the last minute to learn alongside them.

My husband has always loved the water - kayaking, sailing, swimming, diving. Through his joy, I began to see how much I was missing. When I couldn't go to the gym during COVID, I set myself a new challenge: learning to surf-ski paddle. With a life jacket, patient coaching, and plenty of remounting drills, I slowly found the confidence to enjoy it.

However, recently, on an overseas paddling trip, I found myself well outside my comfort zone. At first, I felt in control; then, without warning, the wind grew stronger than predicted, the waves were higher than I'd ever experienced, and my boat (surf ski) suddenly felt very small and unstable. In my panic to get to the shore, I forgot everything I'd learned: my technique, my confidence, even trust in my coach. With every paddle stroke, I found myself whispering, "God, help me." I thought of the disciples in the boat with Jesus shouting "Lord, save us! We are perishing!" Jesus calms the storm and asks, "Why are you afraid, you of little faith?" (Matthew 8:23–27).

Later, feeling more settled and reflecting on the experience, I realised how familiar this pattern is in my life. When I am frightened or overwhelmed, I call out to God. But on calm days, when things are good, I forget to pray, be thankful, and acknowledge that He is with me. Perhaps many of us are learning this together: that Jesus is with us in the boat, inviting us to trust Him, in the storm and in the stillness.

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.



PREPARATION SESSION

BAPTISM OF SCHOOL-AGED CHILDREN

Do you have a child aged 7–12 who has not yet been baptised? There's still time to join our welcoming and engaging preparation program before the upcoming Preparation Session on Sunday, **9 August 2026**, from **2–4pm** at the **North Harbour Parish Centre**. Children will prepare for the Sacrament of Baptism alongside others of a similar age through friendship, learning and prayer, discovering God's love as they take this important step in their journey of faith. Don't miss this important preparation session. Register today.



YOUTH MASS

HAPPENING NEXT WEEK!

Join us for Youth Mass on Sunday, 9 August at 5:00 pm at St Kieran's Church. Whether you're a regular parishioner, a young adult, or simply looking for a place to encounter Christ and grow in faith, you're warmly invited.

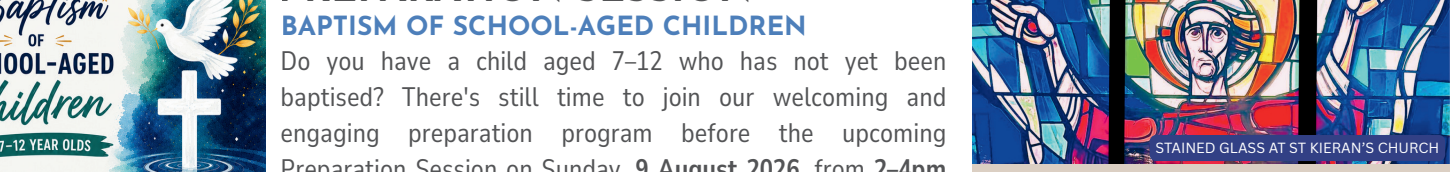
Our Youth Mass is a welcoming celebration where people of all ages come together to pray, worship, and build lasting friendships. Stay after Mass for supper, conversation, and community—it's a wonderful opportunity to meet new people and feel at home in our parish. Bring a friend, and come as you are! Youth Mass is celebrated on the 2nd Sunday of each month during school term.



CATHOLICCARE ANNUAL HOMELESSNESS APPEAL

8-9 AUGUST 2026

Next weekend, 8–9 August, our parish will support the CatholicCare Diocese of Broken Bay Annual Homelessness Appeal, helping provide practical assistance and compassionate care to people experiencing homelessness and housing insecurity. Appeal envelopes will be available at the church exits. Donations may be placed in the special collection boxes or made via the Special Collections Tap & Go terminals. Donations of $2 or more are tax deductible.
Thank you for your generosity and support.



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

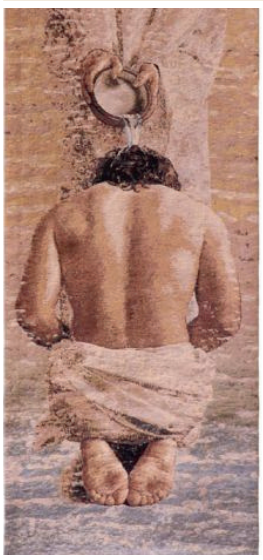
If you're curious about becoming Catholic, wanting to understand the faith more deeply, or thinking about receiving the sacraments as an adult, we'd be honoured to walk with you. Our parish offers gentle, welcoming pathways for enquiry, conversation, and formation.

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

ST. KIERAN'S CHURCH
FROM 11:00 AM - 12:30 PM

Contact the parish office for booking: office@nhparish.org.au

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 Music Ministry in our Parish Community.

Lord, we thank you for all who generously share their gifts through music. Bless them with humility, joy and unity as they lead us in worship.



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!



ST KIERAN'S CAR PARK

ACCESS CONTROL UPGRADE

Over the coming weeks, you may notice the new boom gates operating **between 11:30 am and 2:30 pm, Monday to Friday**, as part of our final testing and commissioning process. The Parish has intentionally extended this testing period to allow additional time for system monitoring, fine-tuning and final operational checks before the system officially becomes operational on **Monday, 10 August 2026**. This additional testing will help ensure a smooth and reliable experience for parishioners, school families and visitors from day one. If you visit the Parish during the testing period and require assistance, please contact the Parish Office. We also warmly welcome your feedback and encourage you to share your experience with us, as it will assist us in making any final improvements before the official commencement. Thank you for your patience, understanding and continued support as we complete this important project for our Parish community.



RESTLESS HEARTS CAFÉ

AT THE NORTH HARBOUR PARISH CENTRE

Every Monday 1pm to 3.30pm - Come as you are. Connect with others over a cuppa and conversation. Bring your own craft project or enjoy the water colours, paper and collage materials provided. You are welcome to create art, or simply sit with others over coffee and conversation. There is no pressure to participate in anything formal. Come and be part of a friendly community where all are welcome.

Every Thursday 9.30am to 12pm - Come as you are for coffee, morning tea, a short video or speaker, and conversation centred around Christ. **Every Thursday 9.30am to 12pm.** Join us as we journey closer to Christ. Join our friendly community, all are welcome.



PASTORAL CARE COURSE

AN INTRODUCTION TO PASTORAL CARE

Volunteer Catholic Extraordinary Ministers of Holy Communion bring Christ's presence to patients in hospitals across the Diocese of Broken Bay. The FREE Introduction to Pastoral Care Course provides the 40 hours of training required by the Diocese and NSW Health and is open to current and prospective volunteers interested in serving in hospital, health and aged care pastoral ministry.

Participants should have a genuine faith life, a compassionate and welcoming spirit, good listening skills, respect for people of all backgrounds, and the ability to work as part of a team. This ministry is for those who desire to accompany and care for others.

The course runs for five consecutive Mondays: **31st August, 7th, 14th, 21st and 28th September** at **Royal North Shore Hospital**, St Leonards, between **9:00am and 3:00 pm**. Morning tea and lunch will be provided.

For enquiries, contact the Parish Office 9949 4455 or Peter Brown, Practice Manager Hospital Chaplaincy and Pastoral Care, CatholicCare Diocese of Broken Bay on 0418 616 602.



THEOLOGY ON TAP 2

SAVE THE DATE

Mark your calendars for Friday, 28 August 2026, and join us for Theology on Tap 2. As a follow-up to our parish screening of Triumph of the Heart on 14 August—or even if you couldn't make the screening—come together for an evening of honest conversation and reflection as we explore Triumph of the Heart: Finding God in Human Suffering, inspired by the extraordinary witness of St Maximilian Kolbe and the enduring themes of faith, forgiveness, and hope. **Refreshments from 7:00 pm | Program begins 7:30 pm at North Harbour Parish Centre.** More details coming soon.

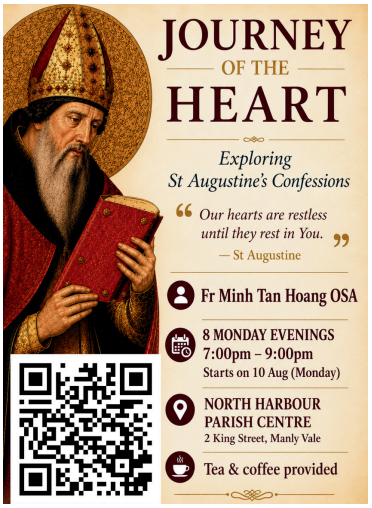


DONATE A DEVICE

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.



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.



FEAST OF THE ASSUMPTION

SAT, 15 AUGUST AT ST KIERAN'S 8:30AM

The Solemnity of the Assumption of the Blessed Virgin Mary is a Holy Day of Obligation in Australia. As it falls on a Saturday this year, please note that the Mass for the Assumption and the Saturday Vigil Mass fulfil different obligations. Parishioners who wish to fulfil both the Holy Day and Sunday obligations should attend a Mass for the Assumption and a Sunday (including Vigil) Mass.



CITY2SURF 2026

RUN FOR THE FUTURE AUGUSTINIANS IN VIETNAM

Fr Tan is taking part in the 2026 City2Surf with the goal of raising $10,000 to support the formation of future Augustinians in Vietnam. Funds raised will help provide a home for the growing community, contribute towards tuition fees, and assist with the daily needs of seminarians discerning God's call.

Donations can be made to:
Augustinian Vietnam Mission
BSB: **082 146 |** Account: **735903067**
For further information, please contact:
Fr. Tan at **0407 456 228**
Thank you for your prayers and generous support of the future Augustinians in Vietnam.

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:

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.

ASYLUM SEEKERS CENTRE'S DONATE A DEVICE

RU OK?
Please check on your neighbours, colleagues, friends and family regularly. Ask: *Are you OK?* A conversation could change a life. Ask R U OK ANYDAY. **Ask. Listen. Encourage Action. Check in.**

DAY FOR GIRLS INITIATIVE AT ST AUGUSTINE'S COLLEGE
Help provide reusable hygiene products for girls in underprivileged communities, enabling them to stay healthy and continue their education. More volunteers welcome.

PARISH SOCIAL JUSTICE
Faith in action

ALL ARE WELCOME!

NEXT MEETING
Monday 3 August 7PM
North Harbour Parish Centre

Together, let us live our faith through action.



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



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



TRIUMPH OF THE HEART

FRIDAY 14 AUGUST • 11:30AM & 7:00PM

Join us for a special parish screening of Triumph of the Heart, an inspiring film based on the life of St Maximilian Kolbe. Choose from two screenings on **Friday 14 August: 11:30 am** or **7:00 pm**. This exclusive film will not be released in Australian cinemas.

Reserve your seat via the QR code, then collect and pay for your $20 ticket at the Parish Office (Tuesday–Friday, 9:00 am–4:00 pm) or on the day. For bulk bookings, simply enter your name and the number of tickets required (e.g. John Smith × 6 tickets).

All proceeds will support the repair and maintenance of our parish buildings. Bring your family and friends for an inspiring evening of faith, courage, and hope.

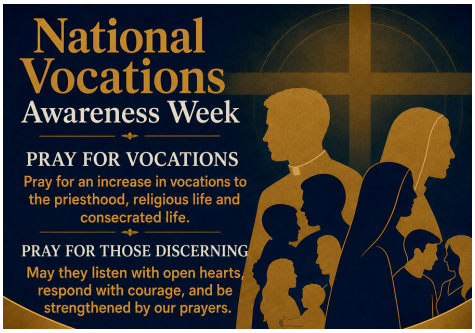




ONE HEART, MANY HANDS

JOIN OUR EVENTS PARISH TEAM

Help make our parish events welcoming and successful by assisting with welcoming guests, refreshments, set up & pack down, technology, or simply being an extra pair of hands. There is no ongoing commitment—just a willingness to help when you're available. Whether you can help once or often, every act of service makes a difference. Scan the QR code to register or contact the Parish Office.





"Lord, help us, so that a change may be achieved in us, and we may find You ready to offer Yourself for the enjoyment of those who love You."

St Augustine of Hippo,
Commentary on Psalm 6,5.

WE HOLD IN PRAYER OUR PARISHIONERS

WE PRAY FOR THE SICK AND HOMEBOUND

Vlad, Odette James

WE REMEMBER THOSE WHO HAVE DIED RECENTLY

Paula Hampton, Mary Ryland, Remo Dellagiacoma, William Pierce, Juanita Kaw, Jenny Hatton, Rey Cañete, Marita Keane, James Young

WE HONOUR THEIR ANNIVERSARIES

Patrick Andrews

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

Find the matching pair.



MISSION

I will give five loaves of bread and two fish (or some other food) to the homeless shelter.

NEXT WEEKEND (9 AUGUST 2026): 19TH SUNDAY IN ORDINARY TIME, YEAR A

FIRST READING
1 Kings 19:9.11-13
The Lord passes by Elijah as a whisper.

RESPONSORIAL PSALM
Ps 84:9-14. R. v.8
Lord, show us your mercy and love, and grant us your salvation.

SECOND READING
Romans 9:1-5
Serving Christ involves some pain.

GOSPEL ACCLAMATION
Psalm 129:5
Alleluia, alleluia!
I hope in the Lord,
I trust in his word.
Alleluia!

GOSPEL
Matthew 14:22-33
Jesus walks on the water.

8 AUG, 5.30PM ST KIERAN'S	9 AUG, 7.30AM ST KIERAN'S	9 AUG, 9AM ST CECILIA'S	9 AUG, 9.30AM ST KIERAN'S	9 AUG, 5PM ST KIERAN'S
READERS John (1) Edelvine (2) Bob (R)	**READERS** Jenny (1) Olivier (2)	**READERS** Ana (1) Stephanie (2) Maria (R)	**READERS** Terry (1) Sol (2)	**READERS** *Youth Mass*
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 Volunt'r Need'd	**EMHC** Joseph Kathryn	**EMHC** Carol Geraldine
MUSIC Parish Choir	**MUSIC** None	**MUSIC** TBD	**MUSIC** TBD	**MUSIC** Amelia & Youth

OBSERVANCES FOR THE WEEK OF 2 AUGUST 2026

Mon 3 Aug:	St Dominic
Tue 4 Aug:	St John Vianney
Wed 5 Aug:	Wed of the 18th Week in Ord Time / Dedication of the Basilica of St Mary Major
Thu 6 Aug:	The Transfiguration of the Lord
Fri 7 Aug:	Fri of the 18th Week in Ord Time / St Sixtus II and companions, St Cajetan
Sat 8 Aug:	St Mary of the Cross MacKillop

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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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