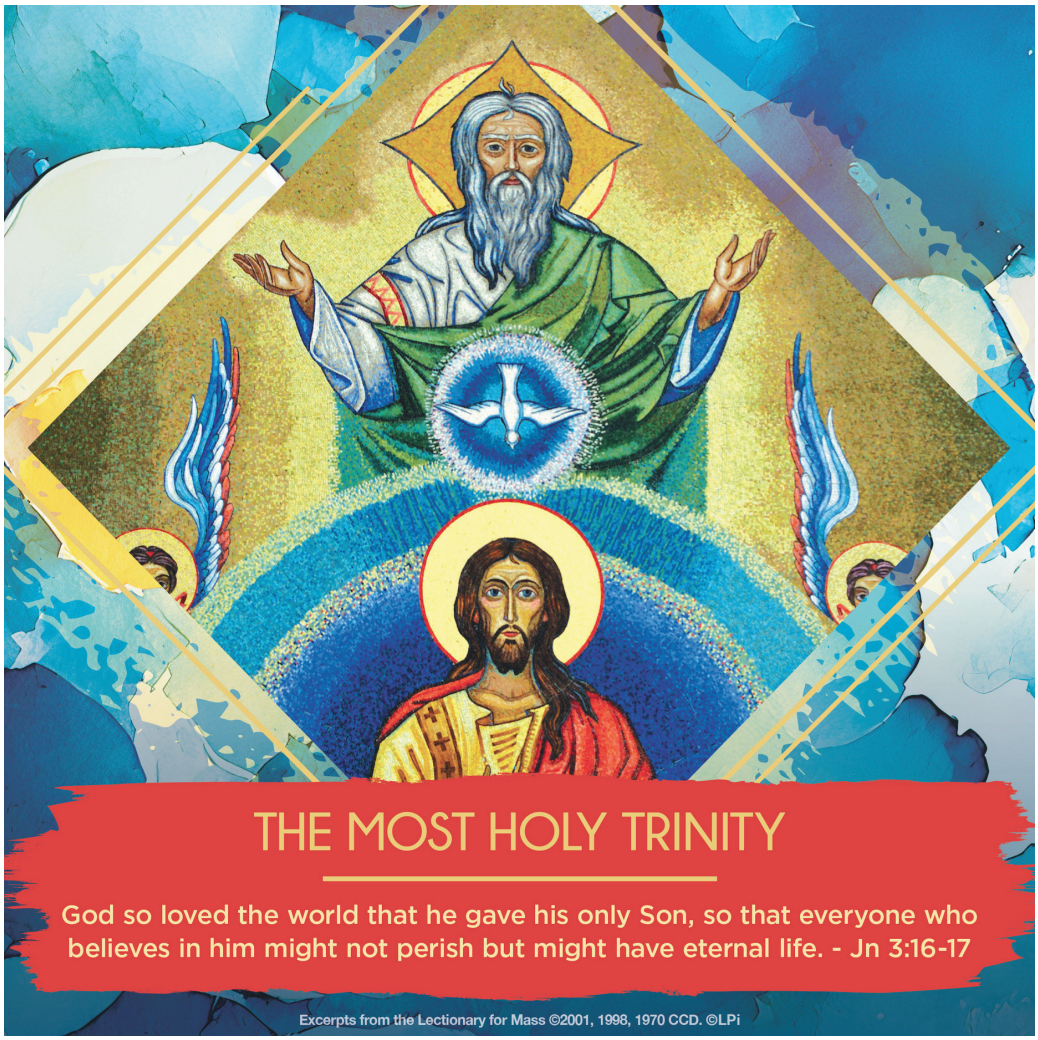
THE CATHOLIC COMMUNITY OF NORTH HARBOUR

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.

31 MAY 2026 | THE MOST HOLY TRINITY, YEAR A



FIRST READING
Exodus 34:4-6. 8-9
Moses meets the Lord on Mount Sinai.

RESPONSORIAL PSALM
Daniel 3:52-56. R. v.52
Glory and praise for ever!

SECOND READING
2 Corinthians 13:11-13
Live in peace with one another.

GOSPEL ACCLAMATION
See Apocalypse 1:8
Alleluia, alleluia!
Glory to the Father, the Son, and the Holy Spirit: to God who is, who was, and who is to come.
Alleluia!

GOSPEL
John 3:16-18
Jesus tells Nicodemus of the Father's love.



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
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office@nhparish.org.au

Admin Asst (Media & Comms)
Giselle Roldan (Wed & Fri)
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comms@nhparish.org.au

Bookkeeper
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accounts@nhparish.org.au

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

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

Music Ministry
Marianne Kaw-Deveza
music@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

Fr Myk Belonio, osa



Last Sunday, on Pentecost, we reflected on learning to see—recognising the quiet signs that God is with us, even in the midst of ordinary life. This Sunday, as we celebrate the Feast of the Holy Trinity, we are invited to go a little deeper: not only to see that God is present, but to trust how God is present—with us, within us, and around us.

Recently, I had the privilege of accompanying someone through a time of medical uncertainty. There were many questions, much anxiety, and a sense of the unknown. One morning, on the way to the hospital for a procedure, I booked an Uber. To my surprise, the driver's name was Augustine. As we spoke, we discovered that he was a parishioner—he had grown up at St Kieran's and was even married there. He still remembered the names of the priests.

Not long after, while we were waiting at the hospital, a nurse approached us and introduced herself. Her name was Monica.

As an Augustinian, it was a goose-bump moment. Augustine and Monica—within the span of an hour, in a moment filled with worry and questions. What are the odds? And yet, deep within, there was a quiet assurance: Do not be afraid. I am here with you.

A week later, we returned to see the specialist. After explaining the situation, she scheduled the surgery for the earliest possible date: 8 May. As my friend was still trying to process everything, I quietly whispered to him, "God is with you. 8 May is the feast of Our Lady of Grace."

For us Augustinians, that feast is very dear. And even more so for him—the chapel he visits every day is dedicated to Our Lady of Grace. Once again, another gentle reminder: God was not distant. God was close. God was accompanying him every step of the way.

This is the mystery we celebrate today in the Trinity. Our God is not far removed. The Father creates us in love. The Son walks with us in our humanity. The Holy Spirit dwells within us, gently opening our eyes to recognise these moments of grace.

God does not always speak in grand or dramatic ways. Often, He speaks through small, almost hidden signs—through people, through moments, through what may feel like coincidence, but are in fact quiet assurances of His presence.

In moments of fear, doubt, or uncertainty, the Trinity reminds us: we are never alone. God surrounds us, walks with us, and lives within us.

And like last week's "eyes in the sky," we are invited once again to pause… to notice… and to trust.

Because when we begin to recognise that God is truly with us, everything changes.

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

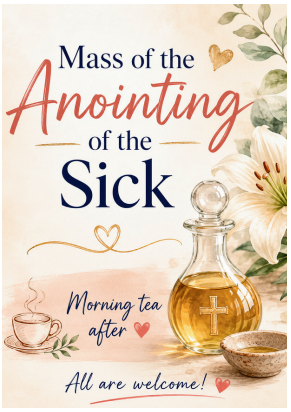
For first-time baptisms, a preparation session helps families feel ready and supported. Please contact the Parish Office.

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.



MASS OF THE ANOINTING OF THE SICK

MASS OF HEALING AND HOPE

Join us for a special Mass of the Anointing of the Sick, a beautiful sacrament offering prayer, strength, healing, and comfort to those experiencing illness, frailty, or the challenges of ageing. Family members, carers, and parishioners are warmly invited to attend. Morning tea will follow, and all are welcome.

WHEN: Wednesday, 3 June, 10am
WHERE: St Kieran's Church



VOICE FROM THE PEWS

WHERE SCRIPTURE MEETS REAL LIFE

We warmly invite you to share your reflections through Voice From the Pews, a space in our parish bulletin where parishioners can share simple, personal thoughts inspired by faith, Scripture, and everyday life. Your reflection may encourage, inspire, or speak to someone else in our community more than you realise. Whether your words are brief or detailed, we would be grateful to hear your voice and journey of faith. If you are interested in contributing, please visit **northharbourparish.org/parish-bulletins**



THEOLOGY ON TAP

TWO POPES, ONE CHURCH: FRANCIS & LEO XIV

Join us for an evening of reflection on the legacy of Pope Francis and the first anniversary of Pope Leo XIV. Through the Jesuit and Augustinian traditions, we will explore themes of mercy, mission, unity, and renewal in the life of the Church today. Featuring guest speakers **Fr Richard Leonard SJ** and **Fr Tony Banks OSA**, this promises to be a rich and engaging conversation for our parish community. Our RSVP system accepts one booking per email address only. If you are registering more than one participant under the same email address, please enter your name followed by the number attending (for example: Jane Smith x3).

WHEN: Friday 12 June 2026 | 7:30PM
WHERE: North Harbour Parish Centre


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

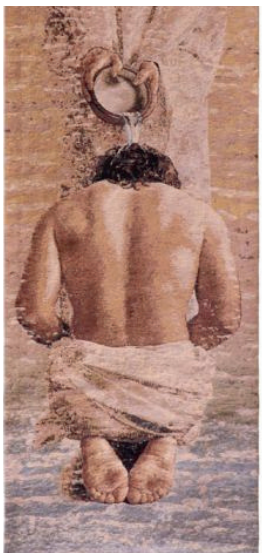
If you're curious about becoming Catholic, wanting to understand the faith more deeply, or thinking about receiving the sacraments as an adult, we'd be honoured to walk with you. Our parish offers gentle, welcoming pathways for enquiry, conversation, and formation.

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

June 7

August 2

October 4

December 6

PARISH RENEWAL PRAYER GROUP

Please join us for Meditations on the Rosary for Parish Renewal: Mon, Tue & Thu after 8.30am Mass at St Kieran's, and Wed after 9am Mass at St Cecilia's. All welcome. This week, we pray for the children preparing for First Holy Communion and their families. Lord, guide and protect them as they grow in faith and love.Remember them each time you pray the Lord's Prayer.



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!



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.



AFA CHRISTMAS IN JULY

SAVE THE DATE

AFA's Christmas in July is getting a festive little update! Please save the date for Sunday, 19 July as our planned dinner has now become a special Christmas in July Lunch at the North Harbour Parish Centre. Further details, including how to secure your spot, will be shared soon — watch this space!



ONE HEART ONE HOUSE

EVERY 10C BUILDS A HOME

We are collecting 10c bottles and cans to help build a new Augustinian Formation House in Ho Chi Minh City (Saigon) — a place where young Augustinians can live, study, and grow in their vocation. Every bottle and can truly make a difference. You can scan the QR code to donate or drop off your 10c recyclables at the Priory or in the designated bins at the Parish Centre. Every 10c builds a home. Thank you for helping us build hope, one heart and one home at a time.





PENTECOST CELEBRATION

A BIG THANK YOU

It was so wonderful, last weekend, to see so many children, who are preparing for First Communion, coming to masses to receive The Lord's Prayer and participating in Children's Liturgy. Please keep them in your prayers over the next few weeks. A big Thank you to the Group Leaders who have been preparing the children in their lessons.

Thank you to everyone who donated food, prizes and time for the Pentecost Sunday Food and Fun Fair. It was so lovely to see the kids having a great time with each other - the parish truly comes alive when children are present.

Special thanks to the St Kieran's School families who supported the day so beautifully!

Ursula



GLOBAL ROSARY FOR PEACE

LED BY POPE LEO XIV

Join Catholics around the world in prayer for peace as His Holiness Pope Leo XIV leads a special Rosary from the Lourdes Grotto in the Vatican Gardens on Friday, 30 May at 7.00pm Rome time — which will be 3.00am on Saturday, 31 May here in Sydney.

As a parish community, let us unite our hearts in prayer for peace in our world, for families, and for all those suffering from war, division, and hardship. If you are unable to join at the live time, you are warmly encouraged to pray the Rosary at a time convenient for you, united spiritually with Catholics across the world.





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 | 3pm
The Treacy Centre,
1 Dreadnought Rd, Oxford Falls



MANY VOICES, ONE PARISH
THANK YOU & CONGRATULATIONS

Our ***Many Voices, One Parish Art and Photography Exhibition*** was a beautiful celebration of the creativity, faith, and spirit within our parish community. Each entry reflected a unique voice and perspective, helping to tell the story of who we are as a parish family. From photography and painting to mixed media and collage, the exhibition showcased the gifts and talents shared so generously by our parishioners. **Congratulations to our winning entry — No. 5 by Gilna Conado** — and heartfelt thanks to everyone who participated and helped make the exhibition such a meaningful and inspiring celebration.



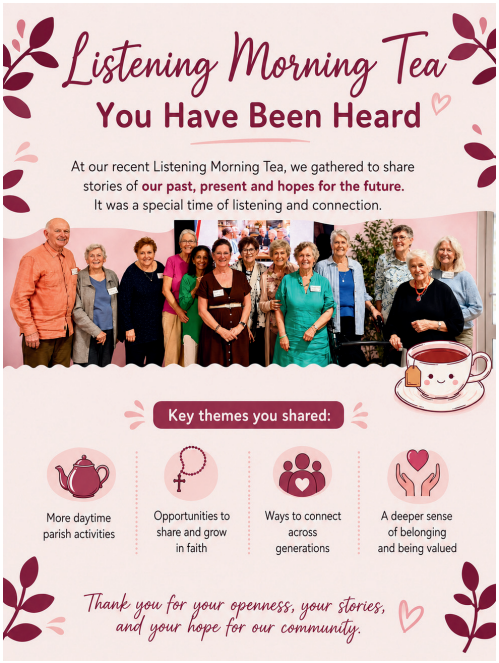
PARISH SOCIAL JUSTICE
FAITH IN ACTION - LIVING THE GOSPEL THROUGH JUSTICE & LOVE

Actions: As we deepen our understanding of Pope Francis' second encyclical - Laudato Si (Praise be to You), on Care of Our Common Home, we are focusing on the **RESPONSE TO THE CRY OF THE EARTH** and the **RESPONSE TO THE CRY OF THE POOR**. The encyclical's core message is that caring for our environment is not just an ethical duty it's a spiritual one. Join us as we explore on our next meeting:

Monday, 1 June | 7pm
North Harbour Parish Centre

Social Justice on the Bay:
Saturday, 30 May 2-4pm at the Our Lady of the Rosary Waitara

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



LISTENING MORNING TEA

YOU HAVE BEEN HEARD

At our recent Listening Morning Tea, we gathered to share stories of our past, present and hopes for the future. It was a special time of listening and connection, where many common threads emerged — a desire for more daytime parish activities, opportunities to share and grow in faith, creating ways to connect across generations, and fostering a deeper sense of belonging and being valued. Our parish team is prayerfully and actively working to bring these ideas to life. We are grateful for your openness, your stories, and your hope for our community. Stay tuned as we continue to build a parish where all feel welcomed, connected, and nourished in faith.



FEAST OF ST RITA

THANK YOU

Thank you to everyone who supported and participated in our joyful Feast Day celebration of St Rita. We are deeply grateful to all who attended, shared delicious food and drinks, and helped create such a warm, welcoming, and joyful atmosphere throughout the evening. From the wonderful Italian dishes to the laughter, dancing, singing, and fellowship shared together, the night was a beautiful celebration of community and friendship. A very special thank you to **Alf** for so generously sharing his musical talents and helping make the evening so lively, memorable, and full of joy. May the example of St Rita continue to inspire our parish community with faith, love, unity, and hope. Thank you once again to all who helped make the evening such a wonderful and blessed occasion.



MAGNIFICA HUMANITAS

POPE LEO'S FIRST ENCYCLICAL

What does Pope Leo say about AI in his new encyclical?

Here are 5 key points you need to know about:

- Human intelligence is immeasurably superior to artificial intelligence.
- The Church must challenge the technocratic paradigm
- We are called to build a civilisation of love (not a culture of power)
- Our use of technology should be a principled use
- The life of Jesus shows us how to embrace our limitations for deeper communion with God.

SCAN TO READ

MATER MARIA CATHOLIC COLLEGE

Change to Enrolment Deadline: Over the next two years, all CSBB schools will move towards offering secondary school placements when students are in Year 3. To support this change, applications for Year 7 2029 will close on **Friday 3 July**.



"Give Yourself to me,
O my God, for I love You.
And if that is not enough,
let me love You more ardently."

St Augustine of Hippo,
Confessions, 13,8 .

WE HOLD IN PRAYER OUR PARISHIONERS

WE PRAY FOR THE SICK AND HOMEBOUND

Moya Homan, Maggie Le Breton, Winter Dale Reyes, Donald, Xi, Susie, Vladimir and Charles, Nigel Manchee, Odette James, Remo Dellagiacoma, Joyce Arnold, Peter & Jan Van de Velde, Cecilia Yeung, Sol Roxas, Gemma Mangelsdorf, Rodney Arnold, Peter Gaynor, Kurt Hofer

WE REMEMBER THOSE WHO HAVE DIED RECENTLY

Maureen Ward, Fr. Peter Hayes OSA, Theresa Menezes, Fr. Robert Crawford, AnneMary Huynh, John Richardson, Daniel Domenic Francesco Greco, Falbo Sirianni, Eva Tulinsky, Geraldine Seddon, Fr. David Taylor

WE HONOUR THEIR ANNIVERSARIES

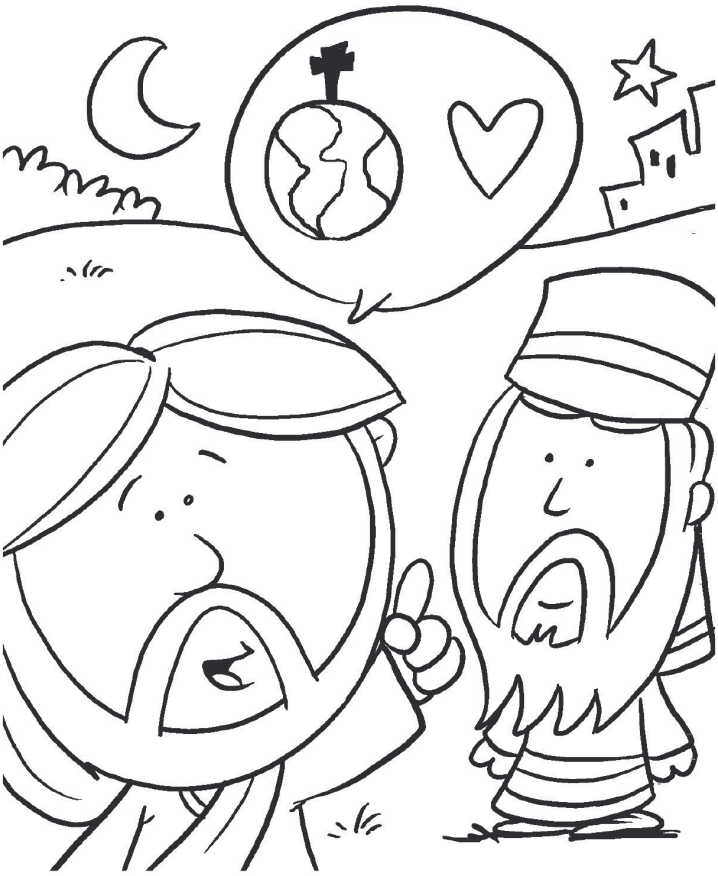
Ida Gigliotti, Greg Keogh

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

Which picture name **begins** with this letter?
Circle the picture that starts with that sound.

F



D



B



NEXT WEEKEND (7 JUNE 2026): THE MOST HOLY BODY & BLOOD OF CHRIST *(CORPUS CHRISTI)*, YEAR A

FIRST READING
Deuteronomy 8:2-3. 14-16
Moses reminds the people of the hardships God saved them from.

RESPONSORIAL PSALM
Ps 147:12-15. 19-20. R. v.12
Praise the Lord, Jerusalem.

SECOND READING
1 Corinthians 10:16-17
We are a single body sharing from a single loaf.

GOSPEL ACCLAMATION
John 6:51-52
Alleluia, alleluia!
I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.
Alleluia!

GOSPEL
John 6:51-58
Whoever eats and drinks of the body and blood of Christ has eternal life.

6 JUNE, 5.30PM ST KIERAN'S	7 JUNE, 7.30AM ST KIERAN'S	7 JUNE, 9AM ST CECILIA'S	7 JUNE, 9.30AM ST KIERAN'S	7 JUNE, 5PM ST KIERAN'S
READERS Caterina(1) Val(2) Cecilia(R)	**READERS** Joseph(1) Paul(2) Jenny(R)	**READERS** Louise(1) Ailis(2) Julien(R)	**READERS** Brian(1) Gene(2)	**READERS** Gerry(1) Louise(2) Catherine (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 Volunt'r Ned'd
MUSIC TBD	**MUSIC** None	**MUSIC** TBD	**MUSIC** Harvest	**MUSIC** Ben Marshall

OBSERVANCES FOR THE WEEK OF 31 MAY 2026

Mon 1 June:	St Justin
Tue 2 June:	Tuesday of the 9th Week in Ordinary Time / Sts Marcellinus & Peter
Wed 3 June:	St Charles Lwanga & companions
Thu 4 June:	Thursday of the 9th week in Ordinary Time / Bl James of Viterbo
Fri 5 June:	St Boniface
Sat 6 June:	Saturday of the 9th week in Ordinary Time / Sts Norbert & Marcellin Champagnat

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Ms Margaret Holles

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