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.

16 AUGUST 2026 | 20TH SUNDAY IN ORDINARY TIME, YEAR A



FIRST READING
Isaiah 56:1.6-7
The Lord's justice is about to be revealed.

RESPONSORIAL PSALM
Ps 66:2-3 5-6. 8. R. v.4
O God, let all the nations praise you!

SECOND READING
Romans 11:13-15. 29-32
God's gifts are irrevocable.

GOSPEL ACCLAMATION
Matthew 4:23
Alleluia, alleluia!
Jesus preached the Good News of the kingdom and healed all who were sick.
Alleluia!

GOSPEL
Matthew 15:21-28
A Canaanite woman asks Jesus to heal her daughter.



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

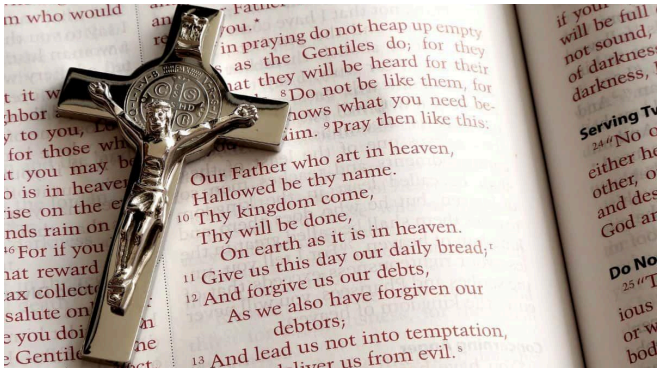
If a word from Scripture settles in your heart or invites you to pause, we welcome you to share that grace. Your reflection becomes a gift that strengthens and uplifts our community. To offer a contribution for this space, scan QR code or e-mail office@nhparish.org.au

VOICE FROM THE PEWS

Where Scripture meets real life

Catherine O'Donnell

In Mathew's gospel (6:7-15) Jesus teaches his disciples how to pray.



"This then is how you should pray: Our Father in heaven, holy be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread. Forgive us our debts as we forgive those who are in debt to us. Do not put us to the test but deliver us from the evil one".

Today, over two thousand years later, we continue to pray the Lord's Prayer, often referred to as the "Our Father." It is a prayer about relationships, of Gods' relationship with us and our relationship with God and with each other.

A few months ago, the children in our Parish Community celebrated their First Holy Communion. On Pentecost Sunday, the children were invited to the front of the church and received a prayer card of the Lord's Prayer. This was part of their ongoing preparation.

During the Masses for First Holy Communion, the children were called to the sanctuary to stand with the priest during the Lord's Prayer. This brought them closer and realize a true relationship with God and with the whole parish community.

The Parish Renewal Prayer Group prayed the Rosary for the children and their families during those two weeks. We especially remember them during the praying of the six Our Fathers for their intention and their families.

There are millions of Christians and others all around the world who pray/know of the Lord's Prayer.

Imagine if each of those people put the words of the Lord's Prayer into action.
Our world, i.e., God's entire creation, could be a place of peace and provision for all.

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.



AUGUSTINIAN FORMATION APPEAL

FORMING THE NEXT GEN OF AUGUSTINIANS

Throughout August, the Augustinian Formation Appeal supports the formation of young Augustinians in Vietnam. Your generosity will help provide educational and formation support for the young men discerning a vocation with the Augustinians and assist in establishing a permanent Formation House for their future formation. By supporting this appeal, you are helping nurture a new generation of Augustinians dedicated to serving the Church and God's people. Please keep these young men and all Augustinian vocations in your prayers. **Donations over $2 are tax deductible.** Please note that donations towards the construction of the Formation House or programs in Vietnam are not tax deductible. Thank you for your generosity and support.



OCIA (WINE & CHEESE NIGHT)

20 AUGUST 2026 | 7:00PM

Are you curious about the Catholic faith or thinking about becoming Catholic? Join us on **Thursday, 20 August** at **7:00 pm** at the **North Harbour Parish Centre** 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.

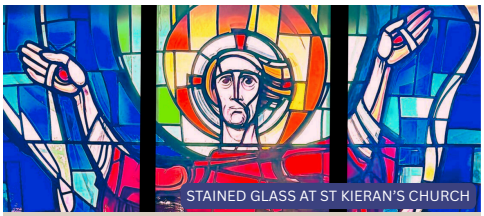
Everyone is welcome. RSVP is preferred, but walk-ins are most welcome. For enquiries, contact Ursula Halloway at sacraments@nhparish.org.au.



ST MONICA & ST AUGUSTINE

SHARED PARISH DINNER

Celebrate the Feast of St Monica and St Augustine on **Friday, 28 August** at **7:00 pm** at the **North Harbour Parish Centre**, with an evening of food, friendship and community as we gather as one parish family, inspired by St Augustine's vision of being "one heart and one soul in God." Bring a plate to share (sweet or savoury). Tea, coffee and cold drinks will be provided. Everyone is warmly welcome. Bring your family, invite a friend, and join us!



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

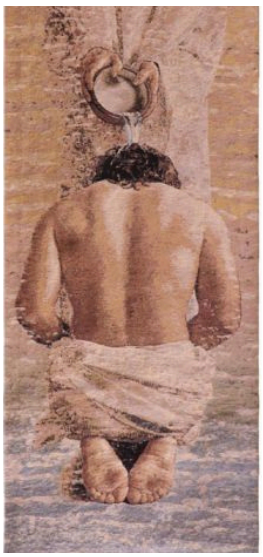
If you're curious about becoming Catholic, wanting to understand the faith more deeply, or thinking about receiving the sacraments as an adult, we'd be honoured to walk with you. Our parish offers gentle, welcoming pathways for enquiry, conversation, and formation.

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

NEXT BAPTISM PREPARATION COURSES 2026:

October 4

December 6

ST. KIERAN'S CHURCH

FROM 11:00 AM - 12:30 PM

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.

This week, we pray for the young men who are interested in joining the Augustinians. Lord, we place these young men in your loving hands as they discern their vocation. May they be attentive to the Holy Spirit working in their lives, and may they have the courage and openness to respond to your call.

PARISH CAR PARK

SAFE • WELCOMING • FOR EVERYONE

Our new boom gate and number plate recognition system will be fully operational from

MONDAY, 17 AUGUST



It's as easy as 1-2-3!

1 DRIVE IN



Your number plate is recognised automatically.

Easy!

2 ENJOY YOUR VISIT



Parking is **FREE** for up to 3 hours. Plenty of time for Mass, prayer, meetings and parish activities.

Enjoy!

3 DRIVE OUT



Leave within 3 hours and exit freely.

Thank you!

NEED TO STAY LONGER?

If you're staying longer for a parish ministry, liturgy, rehearsal or parish event, please contact the Parish Office.

We'll make the necessary parking arrangements.

OR

Pay by scanning the QR code or tap at the exit.

Easy and convenient!

We're here to help!



If you have any questions or are unsure how the new system works, please don't worry.

The Parish Office is here to help and we'll be happy to assist you.

Thank you!

Thank you

for your patience and cooperation as we introduce this new system together.



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.



THANK YOU!

WE DID IT TOGETHER!

Dear Parishioners,

A heartfelt thank you to everyone who supported my City2Surf fundraising.

Thanks to your incredible generosity, we've reached our fundraising target! I'm deeply grateful for every donation, prayer, message and word of encouragement.

Your kindness will help support our work in Vietnam, bringing hope and practical support to our seminarians and communities who need it most. It means so much to know that you have joined me in making a difference.

From the bottom of my heart, thank you for your generosity, kindness and support.

Fr. Minh-Tan Hoang OSA



THE CATHOLIC GP MINI EXPO

12 SEPTEMBER 2-4:30PM | BLACKTOWN

So many people ask us: "Where can I find a Catholic GP?" And so many Catholic GPs simply want to work in a practice that supports ethical medicine. It's time to have a conversation about the highs and lows of the ethical medicine journey. Please join our panel as we discuss what it means to be a Catholic working as a General Practitioner on **Saturday, 12 September 2026**, from **2:00–4:30pm** at the **Bishop Bede Heather Centre**, 1–5 Marion Street, Blacktown NSW 2148. RSVP via *admin@catholicmedicine.org* by Friday, 11 September 2026. If you have any questions for our panellists, please send them through with your RSVP.

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. Actions have included supporting and creating awareness:

VINNIES WINTER APPEAL

DAY FOR GIRLS INITIATIVE AT ST AUGUSTINE'S COLLEGE

ASYLUM SEEKERS CENTRE'S DONATE A DEVICE INITIATIVE
Devices can be left at the back of the church all year round for collection

RU OK?
Ask. Listen. Encourage Action. Check in. A conversation could change a life? Are you OK?.

UPCOMING EVENT | 50 YEARS OF NAIDOC: COUNTRY CULTURE SPIRITUALITY
Friday 25 September • 7:00pm • *see bulletin ad on page 6 for full details*

HAVE A HEART FOR JUSTICE?
If you have a heart for **justice** and **compassion** and want to **make a difference**, join our Parish Social Justice Group and discover how you can put your faith into action through prayer, advocacy and practical outreach in our local and global community. Whether you're new or have been involved before, we'd love to meet you!

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

ALL ARE WELCOME!

NEXT MEETING
Monday 7 September 7PM
North Harbour Parish Centre

Together, let us live our faith through action.



50 YEARS OF NAIDOC

COUNTRY, CULTURE, SPIRITUALITY

Join us for a special evening on **Friday, 25 September** at the **North Harbour Parish Centre**, continuing the spirit of NAIDOC Week. 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 within our local community. Donations at the door are appreciated. Please RSVP by Monday, 21 September by scanning the QR code or visiting our website.



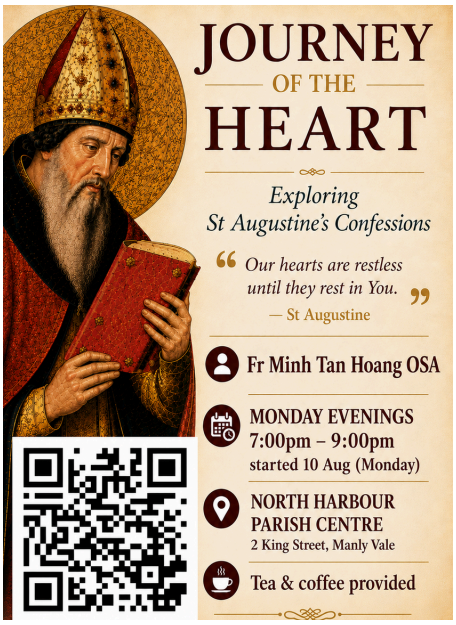
RESTLESS HEARTS CAFÉ

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.





JOURNEY OF THE HEART

EXPLORING ST AUGUSTINE'S CONFESSIONS

Join Fr Tan for a journey through St Augustine's Confessions (Maria Boulding translation). Now underway, the series continues on **Monday evenings from 7:00pm–9:00pm** at the **North Harbour Parish Centre.**

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. All are welcome to join, even if you missed the first session. 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.



"O Lord, my God, let my soul praise You that it may love You. Let it recount to You Your mercies that it may praise You for them all.

St Augustine of Hippo,
Confessions 5,1

WE HOLD IN PRAYER OUR PARISHIONERS

WE PRAY FOR THE SICK AND HOMEBOUND

Donald, Xi, Susie, Vladimir and Charles, Nigel Manchee, Joyce Arnold, Peter & Jan Van de Velde, Cecilia Yeung, Sol Roxas, Gemma Mangelsdorf, Rodney Arnold, Peter Gaynor, Kurt Hofer, Vlad, Odette James, Chloe Zasb

WE REMEMBER THOSE WHO HAVE DIED RECENTLY

Paula Hampson, Mary Ryland, Remo Dellagiacoma, William Pierce, Juanita Kaw, Jenny Hatton, Rey Cañete, Marita Keane, Lourdes Evangelista, Nora Calpe, Ethel Mercy Troy, Jennifer Connolly, Christine Ho, Micah Gonzales

WE HONOUR THEIR ANNIVERSARIES

Roy Anthony Cutrone, Veronica King, Joe Jenkins, Bartolina Mandile, Lito Parco

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

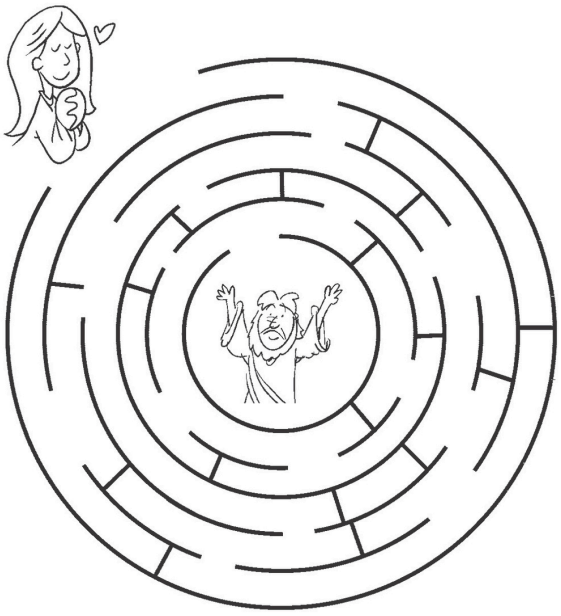
COLOR

Read the Gospel of the week and color the image.



PUZZLE

Help this woman find Jesus.



MISSION

When I hear a siren, I will pray for the people inside the ambulance.

NEXT WEEKEND (23 AUGUST 2026): 21ST SUNDAY IN ORDINARY TIME, YEAR A

FIRST READING
Isaiah 22:19-23
The Lord appoints Eliakim over the house of Judah.

RESPONSORIAL PSALM
Ps 137:1-3. 6. 8. R. v.8
Lord, your love is eternal; do not forsake the work of your hands.

SECOND READING
Romans 11:33-36
Who knows the mind of God?

GOSPEL ACCLAMATION
Matthew 16:18
Alleluia, alleluia!
You are Peter, the rock on which I will build my Church; the gates of hell will not hold out against it.
Alleluia!

GOSPEL
Matthew 16:13-20
Jesus asks, "Who do people say I am?"

22 AUG, 5.30PM ST KIERAN'S	23 AUG, 7.30AM ST KIERAN'S	23 AUG, 9AM ST CECILIA'S	23 AUG, 9.30AM ST KIERAN'S	23 AUG, 5PM ST KIERAN'S
READERS Val (1) Ronda (2) Leonie (R)	**READERS** Tim (1) Elsie (2)	**READERS** Amy (1) Cathy (2) Sacha (R)	**READERS** Kaye (1) Anne (2)	**READERS** Christine (1) Geraldine(2) Leanne (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 Louise	**SENIOR SERVER** Anna	**SENIOR SERVER** Antoinette	**SENIOR SERVER** Joseph	**SENIOR SERVER** Steve
EMHC Elizabeth Anne Anna	**EMHC** Paul Fiona	**EMHC** Volunt'r Need'd Volunt'r Need'd	**EMHC** Volunt'r Need'd Volunt'r Need'd	**EMHC** Carol Volunt'r Need'd
MUSIC Parish Choir	**MUSIC** None	**MUSIC** The Conmen	**MUSIC** TBD	**MUSIC** Emmanuel

OBSERVANCES FOR THE WEEK OF 16 AUGUST 2026

Mon 17 Aug:	Monday of the 20th Week in Ordinary Time / St Clare of Montefalco
Tue 18 Aug:	Tuesday of the 20th Week in Ordinary Time
Wed 19 Aug:	Wednesday of the 20th Week in Ord Time / St Ezekiel Moreno / St John Eudes
Thu 20 Aug:	St Bernard
Fri 21 Aug:	St Pius X
Sat 22 Aug:	The Queenship of the Blessed Virgin Mary

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Reach our parish community each week

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St Kieran's Manly Vale

St Kieran's Catholic Primary School



Principal:
Ms Margaret Holles

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www.skmvdbb.catholic.edu.au

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