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.

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.



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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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

Marianne Kaw Deveza



In this Sunday's Gospel, Peter steps out of the boat and walks towards Jesus. But when he notices the strength of the wind, fear takes over and he begins to sink. He cries out, "Lord, save me," and Jesus immediately reaches out his hand.

Prayer has always been part of my life. I prayed regularly, attended Mass and spent time with God. But during a difficult season earlier this year, my prayer became deeper.

I could no longer come before God with only familiar words. I needed to speak to him honestly—from the deepest and most painful parts of my heart. I brought him my fears, my questions, my disappointment and even the things I struggled to admit to myself.
My prayer time became the place where I did not have to pretend that I was strong. I usually begin with worship songs, then read and meditate on the daily Mass readings or a devotional. I write in my journal, sit quietly before God and make space to listen. In that time, I can bring him everything I am carrying, trusting that he understands even the things I cannot yet put into words.

The more honestly I came before him, the more I realised that prayer was not simply about asking God to change my circumstances. It was about allowing him to change me. He was drawing me closer, teaching me to depend on him and reminding me where my true strength and security are found.

My circumstances did not change immediately, and the questions did not all disappear. But my relationship with God became more intimate. I began to know him not only as the God I prayed to, but as the One who stayed with me in my pain, listened to every unspoken prayer and held me when I felt I was sinking.

Like Peter, there are still moments when I become distracted by the wind and the waves. But I have learned to cry out to Jesus more quickly and more honestly.
Prayer was already part of my life. Through the storm, however, it became more than a routine. It became a deeper encounter with the One who had been reaching out his hand to me all along.

This experience reminded me of the importance of nurturing our relationship with God not only when life becomes difficult, but also in the quiet and ordinary seasons. The prayers we offer each day may become the roots that hold us steady when we find ourselves facing a storm.

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.



ANNUAL HOMELESSNESS APPEAL

CATHOLIC CARE BROKEN BAY

This weekend, **8–9 August,** our parish is supporting 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 are 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.



CITY2SURF 2026

9 AUGUST 2026

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. Thank you for your prayers and generous support of the future Augustinians in Vietnam.

Donations can be made to: **Augustinian Vietnam Mission**
BSB: **082 146** | Account: **735903067**
For further information, please contact:
Fr. Tan at **0407 456 228**



TRIUMPH OF THE HEART

FRIDAY 14 AUGUST • 11:30AM & 7:00PM

The wait is almost over! Our exclusive parish screening of Triumph of the Heart takes place **next Friday, 14 August**. Experience the inspiring true story of St Maximilian Kolbe at **11:30 am** or **7:00 pm**. This exclusive film will not be released in Australian cinemas—don't miss this rare opportunity to see it on the big screen.

Reserve your seat by scanning 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 of the screening. 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.


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

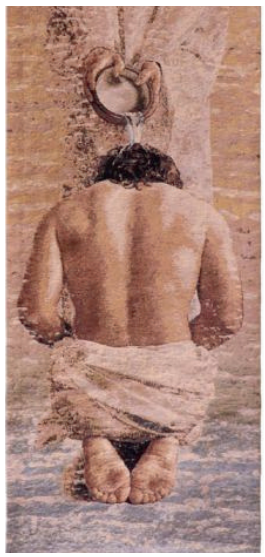
If you're curious about becoming Catholic, wanting to understand the faith more deeply, or thinking about receiving the sacraments as an adult, we'd be honoured to walk with you. Our parish offers gentle, welcoming pathways for enquiry, conversation, and formation.

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

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

Emily Clare *(daughter of Julie & Thomas)*

Sofia Alexandra (daughter of Sarah & Nazmi)

Raphael James (son of Sarah & Nazmi)

Theodore Jack (son of Sarah & Nazmi)

Florence Ethel (daughter of Kerry & Michael)

Abigail Rose (daughter of Lucy & Maxwell)

Elliot John (son of Lucy & Maxwell)

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 continue to pray for the Music Ministry in our Parish Community. Lord, may the music offered in our liturgies draw all who gather into deeper prayer. Inspire those whom you are calling to generously share their musical gifts for the glory of your name. Amen.

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

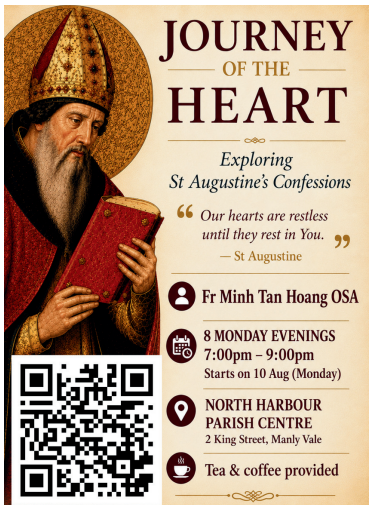
AN INTRODUCTION TO PASTORAL CARE

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.

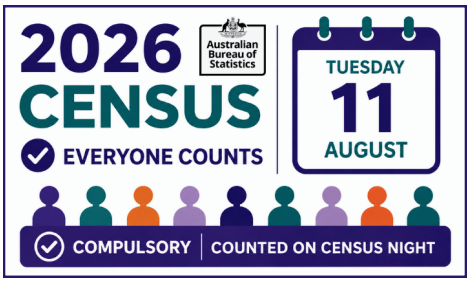
For enquiries, contact the Parish Office 9949 4455 or Peter Brown, Practice Manager Hospital Chaplaincy and Pastoral Care, CatholicCare Diocese of Broken Bay on 0418 616 602.



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.



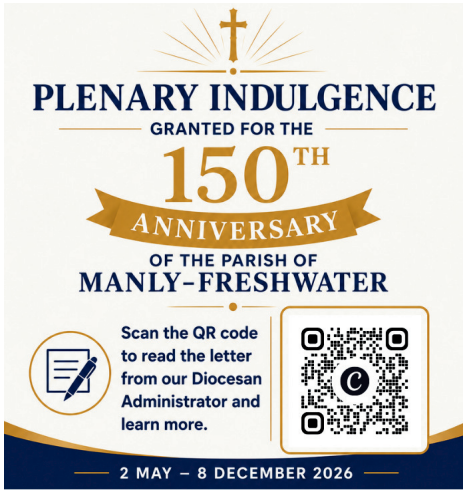
2026 CENSUS

CENSUS NIGHT: 11 AUGUST 2026

The 2026 Census is compulsory. Everyone in Australia on Census night must be included on a Census form.

If you have not received your Census letter, you can request a Census Number via the Australian Bureau of Statistics (ABS) website and complete your Census online.





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**
- **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?.
- **DAY FOR GIRLS INITIATIVE AT ST AUGUSTINE'S COLLEGE**

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.



ST MONICA & ST AUGUSTINE SHARED PARISH DINNER

FRIDAY 28 AUGUST | 7PM | NORTH HARBOUR PARISH CENTRE

Celebrate the Feast of St Monica and St Augustine 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!



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



ASSUMPTION OF MARY

SAT, 15 AUG 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.



AFA CHRISTMAS IN JULY

THANK YOU BY ADRIANA B (AFA PRESIDENT)

AFA sincerely thanks everyone who attended our Christmas in July Lunch on Sunday, 19 July, making it such a wonderful success. With **112 people attending**, we were delighted to **raise $5,000** in support of the Augustinians, and we are also grateful to those who generously donated or purchased a ticket for an Augustinian. Our heartfelt thanks go to **Mya Williams** for her beautiful music, **Lauren Hannam** and The Wingala Chef for the wonderful catering, our dedicated AFA Committee, and all the volunteers who helped make the day so special. Congratulations to all our raffle and lucky door prize winners, with special thanks to **Paul Griffiths**, who generously donated his $300 Lucky Number prize to support Fr Tan's City2Surf fundraiser. Thank you to all our AFA members, friends, and parishioners of North Harbour Parish for your continued generosity and support. We look forward to seeing you at our **End of Year Dinner** at **Balgowlah RSL Club** on **Saturday, 21 November 2026**.





"Lord, only this do I ask of Your great kindness: that You convert me totally to You and allow no obstacle to hinder me as I wend my way to You."

St Augustine of Hippo, Soliloquies 1, 6

WE HOLD IN PRAYER OUR PARISHIONERS

WE PRAY FOR THE SICK AND HOMEBOUND

Vlad, Odette James

WE REMEMBER THOSE WHO HAVE DIED RECENTLY

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

WE HONOUR THEIR ANNIVERSARIES

Bill O'Sullivan, Rosie Lai Kwon

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.

M



B



H



MISSION

I will hear and do what God asks in a humble manner.

NEXT WEEKEND (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.

15 AUG, 5.30PM ST KIERAN'S	16 AUG, 7.30AM ST KIERAN'S	16 AUG, 9AM ST CECILIA'S	16 AUG, 9.30AM ST KIERAN'S	16 AUG, 5PM ST KIERAN'S
READERS Elizabeth (1) Terry (2) Rick (R)	**READERS** Elsie (1) Jenny (2)	**READERS** Phil (1) Sandra (2) Gai (R)	**READERS** Dale (1) Fatima (2) Cathie (R)	**READERS** *St Kieran's School Family Mass*
POWERPOINT Volunt'r Need'd	**POWERPOINT** Joseph	**POWERPOINT** Volunt'r Need'd	**POWERPOINT** Volunt'r Need'd	**POWERPOINT** Volunt'r Need'd
SENIOR SERVER Stephen	**SENIOR SERVER** Anna	**SENIOR SERVER** Ian	**SENIOR SERVER** Michael McM	**SENIOR SERVER** Edelvine
EMHC Jenny Cathy	**EMHC** Lea Olivier	**EMHC** Volunt'r Need'd Volunt'r Need'd	**EMHC** Titus Adriana	**EMHC** Catherine Geraldine
MUSIC Filipino Choir	**MUSIC** None	**MUSIC** The Conmen	**MUSIC** TBD	**MUSIC** TBD

OBSERVANCES FOR THE WEEK OF 9 AUGUST 2026

Mon 10 Aug:	St Lawrence
Tue 11 Aug:	St Clare
Wed 12 Aug:	Wed of the 19th Week in Ord Time / St Frances de Chantal
Thu 13 Aug:	Thu of thr 19th Week in Ord Time / Sts Pontian & Hippolytus
Fri 14 Aug:	St Maximilian Mary Kolbe
Sat 15 Aug:	The Assumption of the Blessed Virgin Mary *(Holy Day of Obligation)*

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Brian Hamer
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St Kieran's Catholic Primary School



Principal:
Ms Margaret Holles

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