



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.

14 JUNE 2026 | 11TH SUNDAY IN ORDINARY TIME, YEAR A



11TH SUNDAY IN ORDINARY TIME

“Without cost you have received; without cost
you are to give.” - Mt 10:6-8

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI

FIRST READING

Exodus 19:2-6

The Lord speaks to Moses on Mount Sinai.

RESPONSORIAL PSALM

Ps 99:2-3. 5. R. v.3

We are his people: the sheep of his flock.

SECOND READING

Romans 5:6-11

We are justified by the blood of Christ.

GOSPEL ACCLAMATION

Mark 1:15

Alleluia, alleluia!

*The kingdom of God is near;
repent and believe the Good News!
Alleluia!*

GOSPEL

Matthew 9:36 – 10:8

The Twelve are sent on a mission.



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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Bookkeeper

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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



Fr Myk Belonio, osa

One line from this Sunday's Gospel stays with me: "At the sight of the crowds, Jesus' heart was moved with pity for them."

Jesus doesn't just see people—He notices them deeply. He sees their burdens, their confusion, their quiet struggles. He describes them as "troubled and abandoned, like sheep without a shepherd." That image feels so real today. Many around us carry unseen worries—loneliness, stress, questions about meaning or direction. If I'm honest, sometimes I feel that way too.

Yet what challenges me most is not just Jesus' compassion, but what He does next. He turns to His disciples—ordinary people—and says, "The harvest is abundant but the labourers are few." Then He sends them out.

That's the surprising part. He doesn't wait for them to be perfect or fully prepared. He simply calls and trusts them to carry His mission forward.

That includes us.

We often think we're not ready, not capable, not "good enough" to make a difference. But Jesus doesn't ask for perfection—only willingness. He invites us to be instruments of His compassion in simple, everyday ways.

When He tells His disciples, "Without cost you have received; without cost you are to give," it feels like a gentle reminder. Everything we have—our faith, our hope, our experiences of grace—has been freely given. We are called to share that just as freely. For most of us, that won't look dramatic. It may be as simple as listening patiently to someone who needs to be heard; offering kindness when it's inconvenient; reaching out to someone who feels forgotten, or; choosing forgiveness instead of resentment.

These small acts matter. They are ways the Kingdom quietly grows.

This Gospel invites me to pause and ask: Do I allow my heart to be moved, or do I rush past people without really seeing them? And when I feel that nudge to care, do I respond?

The harvest is still abundant. There is still so much love needed in the world.

And Jesus is still calling—sending each of us, just as we are, to be part of His work.



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.

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**CHRISTIANS:
REMEMBER YOUR GREATNESS**

BEING *human* IN THE AGE OF AI



FORMATION SESSION 1

CHRISTIANS, REMEMBER YOUR GREATNESS! BEING HUMAN IN THE AGE OF AI

Breaking open two documents that the Church has already released on AI, Antiqua et Nova and Quo Vadis, Humanitas?, this formation session will explore what it means to be human, what it means to be in relationship with God, self, others and the environment, how AI mimics aspects of this and some of the technical limitations of AI in this regard.

Date: Wednesday 17 June 2026 | 6pm-8pm

Venue: Caroline Chisholm Centre, Pennant Hills

You're invited

Cheese, Cheers, & Community

An evening to connect, celebrate, and give thanks.

Friday 19 June
5.30pm – 7.00pm
North Harbour Parish Centre

All are welcome!

CHEESE, CHEERS, & COMMUNITY

AN EVENING TO CONNECT, CELEBRATE, AND GIVE THANKS

Join our St Vincent de Paul members for a relaxed and heartfelt gathering with drinks, nibbles, and community spirit as we thank our generous supporters who make our Vinnies work possible. This evening will also be a chance to hear about the real and lasting difference your support is making in our local area as well as to welcome those who are curious to learn more and join our volunteers. All are welcome. Together we make a difference - one kind act at a time.

When: Friday 19th June | 5.30pm to 7pm

Where: North Harbour Parish Centre.



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

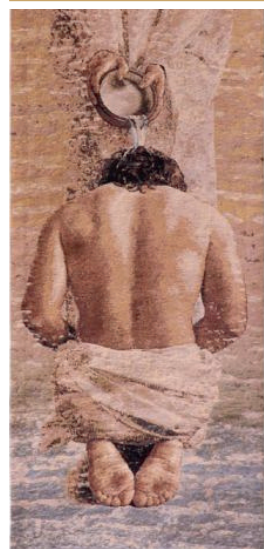
If you're curious about becoming Catholic, wanting to understand the faith more deeply, or thinking about receiving the sacraments as an adult, we'd be honoured to walk with you. Our parish offers gentle, welcoming pathways for enquiry, conversation, and formation.

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

Gabriela (*daughter of Lauryn & Michael*)

Aaliyah (*daughter of Mark & Princess*)

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. We continue to pray for the children preparing for First Holy Communion and their families. As we pray the Lord's Prayer, may we remember these children and ask God to guide them to grow in faith, love, and a deeper sense of belonging within our parish community.



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.



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



RESTLESS HEARTS CAFÉ LAUNCHING SOON!

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
- Thursday 2 July | 9:30am – 12:00pm

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.”



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.



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.



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>



LITURGY UNDER THE SOUTHERN CROSS AUSTRALIAN ACADEMY OF LITURGY NATIONAL CONFERENCE

The Australian Academy of Liturgy will host its National Conference, Liturgy Under the Southern Cross, from 28–30 September 2026 at Mary MacKillop Place, North Sydney. Bringing together liturgists, pastoral leaders, musicians, artists and theologians, the conference will explore worship in Australia through the themes of culture, place, faith and spirituality. It is an excellent opportunity for anyone involved or interested in liturgy, music, theology or pastoral ministry to deepen their understanding and engage in meaningful discussion.



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:

A revised date and venue will be announced in due course. Stay tuned.



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.

We have heard from Francis about the work the Asylum Seeker Centre does and how we can help. Details can be found in Page 5 (opposite this page).

Join us for our next meeting on **Monday 6th July at 7pm** in the **North Harbour Parish Centre**



**CATHOLIC DIOCESE OF
BROKEN BAY**

LITURGICAL FORMATION SERIES II

ACCOMPANYING IN HOPE:
Care of the Sick, Funerals
and Ministry to the Bereaved

REGISTER NOW

Scan the QR code
or visit the Diocese
website for more
information and
to register.

SCAN TO REGISTER

LITURGICAL FORMATION SERIES II ACCOMPANYING IN HOPE

Clergy, parish teams, bereavement teams, Ministers of the Sick and all interested parishioners are invited to this Formation Day exploring the Church's ministry of accompanying those who are sick, dying and bereaved. Learn more about the Sacrament of the Anointing of the Sick, Catholic Funeral Rites, and pastoral care.

Date & Time: Saturday 27 June 2026 | 9:30am – 3pm

Venue: Caroline Chisholm Centre, Pennant Hills

Presenters: Fr Alex Peter Selvaraj MSFS, Chris Ohlsen and Libby McManus

**STELLA MARIS
ONLINE AUCTION
2026**

HAPPY DAYS

stella maris college

SCAN HERE FOR AUCTION ITEMS!

STELLA MARIS ONLINE AUCTION SUPPORT A CAUSE

On June 26th this year, 40 students and seven staff from Stella Maris College will be visiting the Happy Days Cambodian Village School in Siem Reap, Cambodia. This very motivated group aims to raise enough money before leaving to purchase 60 bikes for the students at the school. These students often walk up to two hours each way to be able to attend school each day – the gift of a bicycle would be life-changing.

Please help the girls reach their goal by bidding on one (or more) of their amazing items from local vendors or by donating on the auction page. All proceeds will go directly to their Cambodian sponsor school! Your generosity is greatly appreciated!

**Serra Vocations Ministry
MEETING**

Sacred Heart Catholic Church, Pymble

GUEST SPEAKER
Sister Virginia Bourke RSJ
Reflection on the Sacred Heart of Jesus

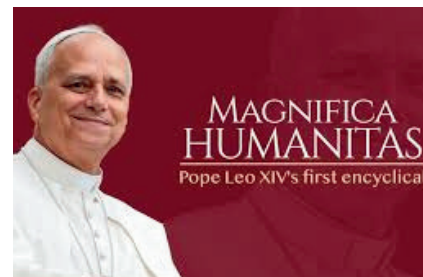
MASS CELEBRANT
Fr Ireneusz Czech SDS
Salvatorian (SDS) priest serving in the Diocese of Broken Bay.

ALL WELCOME
Join us for an evening of faith, reflection, and fellowship.

SERRA VOCATIONS MINISTRY MEETING

25 JUNE 2026 | THURSDAY 6:30PM

The Serra Vocations Ministry warmly invites you to an evening of prayer, reflection and fellowship. Guest speaker Sr Virginia Bourke RSJ will present a reflection on The Sacred Heart of Jesus. Mass will be celebrated by Fr Ireneusz Czech SDS at 6:30pm on Thursday, 25 June, at Sacred Heart Catholic Church, Pymble, followed by a meal and the guest presentation. RSVP to Terry Scanlan on 0438 887 295 or terry_scanlan@bigpond.com.



MAGNIFICA HUMANITAS CHALLENGES & RESPONSES

A CHALLENGE:

“So-called artificial intelligences do not undergo experiences, do not possess a body, do not feel joy or pain, do not mature through relationships and do not know from within what love, work, friendship or responsibility mean.” (MH 99)

A RESPONSE:

“To disarm does not mean rejecting technology, but preventing it from dominating humanity. It means freeing technology from monopolistic control and opening it to discussion and debate, therefore making it human-friendly and restoring it to the plurality of human cultures and ways of life. Our task today is not only ethical or technical. It is ecological in the deepest sense, for it concerns a new dimension of our common home. AI is already an environment in which we are immersed, as well as a force with which we must engage. For this reason, merely regulating it is insufficient; **it must be disarmed, welcoming and accessible.**” (MH 110)



St. Augustine of Hippo

August 28

“O Sacrament of love, sign of our unity and bond of our fraternity, all who long for life have here its very source! Let them come here and believe; unite with You and live.”

St Augustine of Hippo,
Sermons on John 26, 13

WE HOLD IN PRAYER OUR PARISHIONERS

WE PRAY FOR THE SICK AND HOMEBOUND

Vlad, Jenny Hatton, Moya Homan

WE REMEMBER THOSE WHO HAVE DIED RECENTLY

Joshepine Himo, Leo Morallon, Maureen Ward, Fr. Peter Hayes OSA, Theresa Menezes

WE HONOUR THEIR ANNIVERSARIES

Elizabeth Lily Kelly Nee Richardson, Pierina Villella, Rosina Villella, Susan Caulfield

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



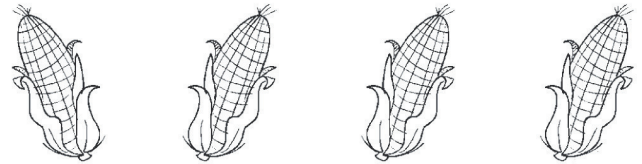
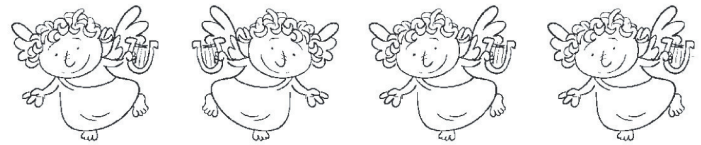
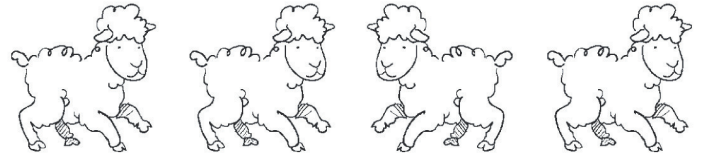
COLOR

Read the Gospel of the week and color the image.



PUZZLE

Circle the picture that is facing the **wrong** way. Then color in all the pictures.



NEXT WEEKEND (21 JUNE 2026): 12TH SUNDAY IN ORDINARY TIME, YEAR A

FIRST READING

Jeremiah 20:10-13
The Lord is with Jeremiah.

RESPONSORIAL PSALM

Ps 68:8-10. 14. 17. 33-35. R. v.14
Lord, in your great love, answer me.

SECOND READING

Romans 5:12-15
As sin entered the world through one man, so through one man are we saved.

GOSPEL ACCLAMATION

John 15:26. 27
*Alleluia, alleluia!
The Spirit of Truth will bear witness to me, says the Lord, and you also will be my witnesses.
Alleluia!*

GOSPEL

Matthew 10:26-33
Those who acknowledge Christ will be known to the Father.

20 JUNE, 5.30PM
ST KIERAN'S

READERS
Terry (1)
Rick (2)
Elizabeth-A (R)

POWERPOINT
Volunt'r Need'd

SENIOR SERVER
Stephen

EMHC
Jenny
Cathy

MUSIC
Filipino Choir

21 JUNE, 7.30AM
ST KIERAN'S

READERS
Jenny (1)
Elsie (2)

POWERPOINT
Joseph

SENIOR SERVER
Anna

EMHC
Lea
Olivier

MUSIC
None

21 JUNE, 9AM
ST CECILIA'S

READERS
Phil (1)
Sandra/Ian (2)
Gai (R)

POWERPOINT
Volunt'r Need'd

SENIOR SERVER
Ian

EMHC
Volunt'r Need'd
Volunt'r Need'd

MUSIC
The Conmen

21 JUNE, 9.30AM
ST KIERAN'S

READERS
Fatima (1)
Cathie (2)
Dale (R)

POWERPOINT
Volunt'r Need'd

SENIOR SERVER
Michael McM

EMHC
Titus
Adriana

MUSIC
Kevin M

21 JUNE, 5PM
ST KIERAN'S

READERS
Jo (1)
Rodney (2)
Christine (R)

POWERPOINT
Volunt'r Need'd

SENIOR SERVER
Edelvine

EMHC
Catherine
Geraldine

MUSIC
TBD

OBSERVANCES FOR THE WEEK OF 14 JUNE 2026

Mon 15 June: Monday of the 11th Week in Ordinary Time
Tue 16 June: Tuesday of the 11th Week in Ordinary Time
Wed 17 June: Wednesday of the 11th Week in Ordinary Time
Thu 18 June: Thursday of the 11th Week in Ordinary Time
Fri 19 June: Friday of the 11th Week in Ordinary Time / St Romuald
Sat 20 June: Saturday of the 11th week in Ordinary Time



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Principal:
Ms Margaret Holles



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COMMUNITY
SETTING

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