



THE CATHOLIC COMMUNITY OF NORTH HARBOUR

Under the Pastoral Care of the Augustinians
Diocese of Broken Bay

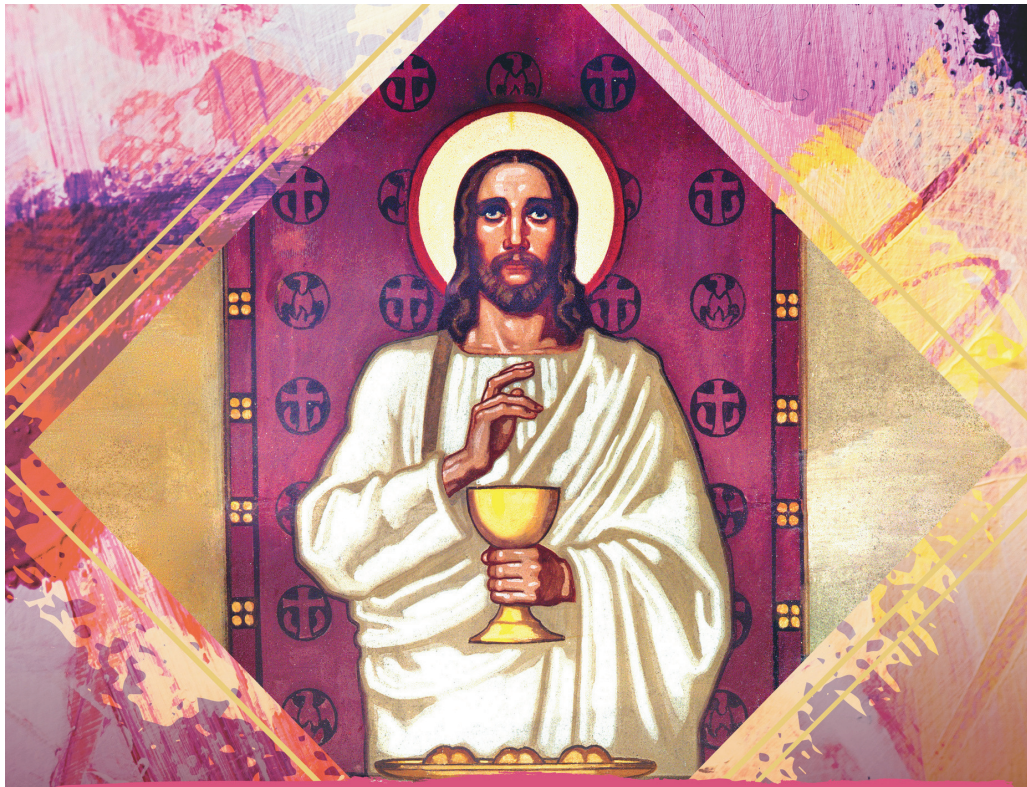
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TO ACCESS
SUNDAY READINGS
& PARISH UPDATES



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.

7 JUNE 2026 | THE MOST HOLY BODY & BLOOD OF CHRIST, YEAR A



THE MOST HOLY BODY AND BLOOD OF CHRIST

“This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.” - Jn 6:57-58

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

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.



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
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Assistant Parish Priests
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Fr John Zhang
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PASTORAL & SUPPORT TEAM

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Music Ministry | Media & Comms

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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 John Zhang OSA

As we celebrate the Solemnity of the Most Holy Body and Blood of Christ, when we receive the Body and Blood of Christ, we are not simply attending Mass; we are entering into communion and a living relationship with God. The Catechism of the Catholic Church teaches that *“the Eucharist is ‘the source and summit of the Christian life’”* (CCC 1324). Everything in our faith flows from the Eucharist and leads us back to it.

At every Mass, people from different cultures, backgrounds, and life experiences gather around one altar. The Eucharist creates unity, and Christ calls us to become people of communion, mercy, and compassion. The Eucharist strengthens us not only for prayer but also for mission. That is why, at the end of the Mass, the priest says: *“The Mass is ended, go in peace, glorifying the Lord by your life.”* So, we are sent forth to bring Christ’s love into our homes, workplaces, and communities.

There are times when we may feel spiritually dry or distant from God. Perhaps attending Mass has become merely a routine part of our lives. We are invited to come to Mass not out of obligation alone, but with active participation and an open heart. We bring our fears, wounds, and burdens to Jesus, who is truly present in the Eucharist. Today’s solemnity is a special invitation to return to the Eucharist with renewed faith and hope. As Saint Augustine reminded Christians: *“Receive what you are, and become what you receive.”* When we receive the Body of Christ, we are called to become the Body of Christ for others.

It is through an encounter with Christ and the experience of faith that we come to understand the transforming power of the Eucharist in our lives. If we receive Christ at Mass but remain unforgiving, selfish, or indifferent to the suffering around us, then we have not fully allowed the Eucharist to change us.

“Whoever eats my flesh and drinks my blood remains in me and I in him.” Jesus gives Himself completely to us in the Eucharist so that we may remain in Him and become His presence in the world. The world offers many temporary satisfactions, but only Christ, the Bread of Life, can truly nourish the human heart. He alone satisfies our deepest hunger. May this solemnity renew our love for the Eucharist, deepen our relationship with God, and inspire us to live as people transformed by the Body and Blood of Christ.



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.

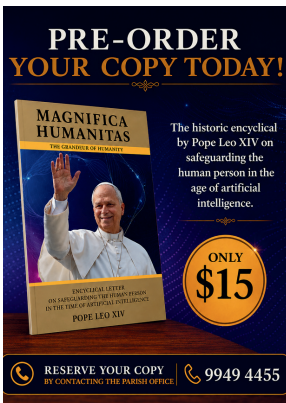
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WELCOME TO NORTH HARBOUR

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.

VOICE from the PEWS

Share your faith. Strengthen our 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 and Leo XIV

All are welcome to join for faith, fellowship and conversation over some refreshments.

RSVP is required. Donations at the door.



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 | 7:00pm Refreshments | 7:30pm Start

WHERE: North Harbour Parish Centre



REJOICING IN NEW LIFE IN CHRIST

NEXT

BAPTISM PREPARATION COURSES

2026

June 7

August 2

October 4

December 6

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.



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. **Friday 19th June 5.30pm to 7pm**, in the **North Harbour Parish Centre**. All are welcome - we'd love to see you there! Together we make a difference - one kind act at a time.



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.”



AFA CHRISTMAS IN JULY SAVE THE DATE - 19 JULY 2026 LUNCH

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.

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
Time: 6pm-8pm
Venue: Caroline Chisholm Centre, Pennant Hills



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

ASCEND
NATIONAL CATHOLIC CONFERENCE
FOUR DAYS OF REAL-WORLD FORMATION,
WITH SOMETHING FOR EVERYONE.
GREATER SYDNEY
Thursday 9th - Sunday 12th July
Broken Bay Cathedral Precinct, Waitara
IGNITE YOUTH
Ignite Conference 26

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>

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NORTHERN BEACHES COMBINED CHURCHES RECONCILIATION SERVICE

FR ABEL WITH THERESE ARDLER

Parish SJ members recently attended the deeply moving and heartfelt gathering that beautifully wove together Christian faith and Indigenous spirituality, culture, and wisdom at every turn. Through prayer, storytelling, music, and reflection, the service provided a powerful reminder of the importance of reconciliation, respect, and walking together as one community. A particular highlight was meeting **Elder Therese Ardler**, whose warmth and wisdom touched many present. It was especially meaningful to learn of her connection with our beloved Pope Leo XIV, adding a unique and memorable dimension to an already inspiring occasion. We give thanks for the opportunity to participate in this significant event and continue to pray for deeper understanding, healing, and reconciliation in our nation.

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:

This week we heard from Francis about the work the Asylum Seeker Centre does and how we can help. We will share more details next week.

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





FEAST OF THE SACRED HEART OF JESUS

“Learn from me, for I am gentle and humble in heart.”
— MATTHEW 11:29

FRIDAY
12 JUNE 2026



FEAST OF THE IMMACULATE HEART OF MARY

“My Immaculate Heart will be your refuge and the way that will lead you to God.”
— OUR LADY OF FATIMA

SATURDAY
13 JUNE 2026



MAGNIFICA HUMANITAS CHALLENGES & RESPONSES

A CHALLENGE:

Among these ideologies, I consider particularly insidious the one that suggests that every person must earn or justify his or her own worth, to the point of attributing greater value to those who are more efficient or effective. From this perspective, persons end up being reduced to a means of achieving results, a resource to be used and exploited, and are no longer recognized as a proper end in themselves who should never be instrumentalized.”

(MH 51)

A RESPONSE:

Human dignity does not depend on a person's abilities, wealth or position in life, nor on the right or wrong choices made; instead, it is a gift that precedes and transcends each person, endowed by God as an expression of his unfailing love.

(MH 50)



STELLA MARIS ONLINE AUCTION 2026

HAPPY DAYS for Stella Maris Children

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!



St. Augustine of Hippo
August 28

“O food and bread of angels, the angels take their fill of You. They are satisfied by You but never tire of You.”

St Augustine of Hippo, Sermon 196, 13.

WE HOLD IN PRAYER OUR PARISHIONERS

WE PRAY FOR THE SICK AND HOMEBOUND

Jenny Hatton, Moya Homan, Maggie Le Breton

WE REMEMBER THOSE WHO HAVE DIED RECENTLY

Leo Morallon, Maureen Ward, Fr. Peter Hayes OSA, Theresa Menezes, Fr. Robert Crawford, AnneMary Huynh, John Richardson, Daniel Greco

WE HONOUR THEIR ANNIVERSARIES

Marge Dunn, Thomas Treston

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

PUZZLE

Complete the picture!



COLOR

Read the Gospel of the week and color the image.



NEXT WEEKEND (14 JUNE 2026): 11TH SUNDAY IN ORDINARY TIME, YEAR A

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.

13 JUNE, 5.30PM ST KIERAN'S	14 JUNE, 7.30AM ST KIERAN'S	14 JUNE, 9AM ST CECILIA'S	14 JUNE, 9.30AM ST KIERAN'S	14 JUNE, 5PM ST KIERAN'S
READERS Edelvine (1) Bob (2) John (R)	READERS Olivier (1) Jenny (2)	READERS Ana (1) Stephanie (2) Maria (R)	READERS Sol (1) Terry (2)	READERS Sacha (1) Amy (2)
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	EMHC Joseph Kathryn	EMHC Carol Geraldine
MUSIC Kevin M	MUSIC None	MUSIC Kevin M	MUSIC TBD	MUSIC Filipino Choir

OBSERVANCES FOR THE WEEK OF 7 JUNE 2026

Mon 8 June: Monday of the 10th Week in Ordinary Time
 Tue 9 June: Tuesday of the 10th Week in Ordinary Time / St Ephrem
 Wed 10 June: Wednesday of the 10th Week in Ordinary Time
 Thu 11 June: St Barnabas
 Fri 12 June: The Most Sacred Heart of Jesus
 Sat 13 June: Sat of the 10th week in Ord Time/St Anthony of Padua/Immaculate Heart of Mary



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