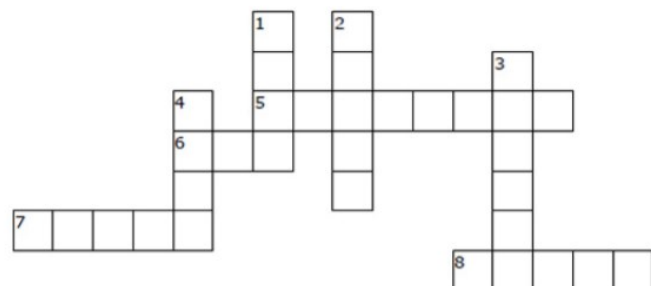


## Getting Away from It All

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place. Mark 6: 30-32

Puzzle is based on Mark 6:30-34



### ACROSS

5. The early followers of Jesus
6. To take solid food through the mouth
7. Without noise or activity
8. To give knowledge or skills to others

### DOWN

1. A small vessel for travelling on water
2. A large group of people
3. Any group of men, women, and children
4. To take a break from activity

EAT	TEACH	BOAT	APOSTLES
PEOPLE	QUIET	REST	CROWD

N	A	O	E	I	H	F	D	R	J	Q	B	W	Z	S	L	P	T	V	M	Y	K	X	G	C	U
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

1. 4-2-18 \_\_\_\_\_
2. 11-26-5-4-18 \_\_\_\_\_
3. 9-4-15-18 \_\_\_\_\_
4. 12-3-2-18 \_\_\_\_\_
5. 15-3-16-5-18-2-9-21 \_\_\_\_\_
6. 25-9-3-13-8 \_\_\_\_\_
7. 17-4-3-17-16-4 \_\_\_\_\_
8. 18-4-2-25-6 \_\_\_\_\_

PEOPLE	REST	QUIET	CROWD
BOAT	SOLITARY	TEACH	EAT

BOATVFZSSPQWTWA  
VSPAMWNYWHENHIW  
HYVKWBWBKZJEODNY  
TLRWOUAEEOBEEPCU  
OQATAZZVFHTTPLB  
WJPRCGSOLITARYE  
NMOPGYFJUBDXRFT  
SHSZEEGRNTILNEW  
NITNPQIITVEKYTS  
KWLDKUUSUDKIXUB  
TFEKMIEISDQXSBBZ  
SESASRSHEPHERDI  
DYAVOBHRMTJWGUQ  
NIQCCCRWDGEIOL  
VXQAHYIGSOEATNM

PEOPLE	TOWNS	SHEEP	BOAT	REST
APOSTLES	JESUS	CROWD	LARGE	TOWNS
SHEPHERD	SOLITARY	EAT	QUIET	TEACH



## OUR LADY OF LOURDES PARISH OF SEVEN HILLS

"Still a wonderful place to pray & stay."

7 Grantham Road, Seven Hills. NSW. 2147

Ph. 9622 2920

Email: secretary@lol7hills.com.au

Parish Priest: Fr Henry Huu Duc Tran

Parish Office Team: Mrs Erika Hien, Alison Issanchon, Kim Dang, Sarah Lenthall.

Sacrament Co-Ordinator: Mrs Artelle Lenthall

Office Hours: Monday-Friday: 9am - 3.00pm

WEEKEND MASS: Saturday Vigil 6pm LIVE-STREAM  
Sunday 8am & 9:30am LIVE-STREAM

WEEKDAY MASS: Tuesday-Friday 8.00am-TBA

Pastoral Care of the Sick: Bathista Emmanuel 0405833655

Parish School: Our Lady of Lourdes 8869 6800

Principal: Ms Keiran Byrnes

Reconciliation: Saturday 4:30-5:30pm -TBA

Baptismal Preparation: 15th September 2021 7:30pm

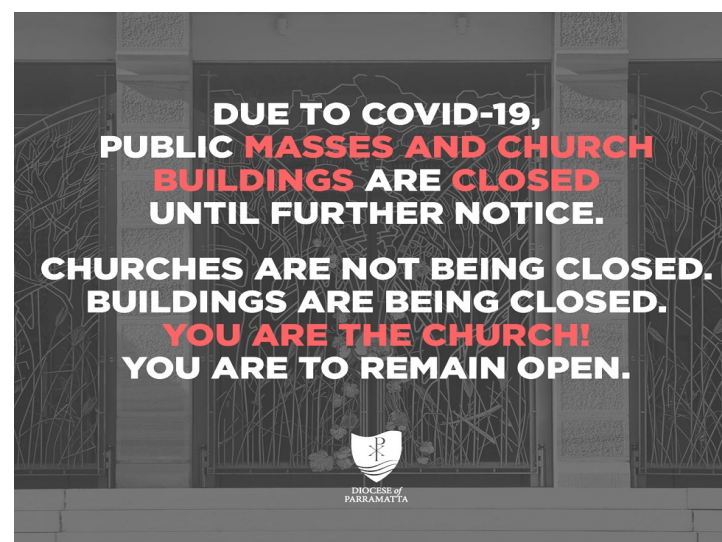
Baptism: 2nd & 4th Sunday 11am -TBA

Parish Website: www.lol7hills.com.au

## Sixteenth Sunday in Ordinary Time

•Year B—18 July 2021•

All are welcome to join us for **Our Lady of Lourdes, Seven Hills, Sydney, NSW, Australia Facebook LIVE-STREAM WEEKEND MASSES** celebrated by Fr. Henry Huu Duc Tran on **Saturdays 6PM (Vigil), Sundays: 8AM, 9:30AM**  
<https://www.facebook.com/LOL7Hills/>



## GET VACCINATED FOR THE COMMON GOOD

Vaccination against COVID-19 is a morally good thing, providing protection for the person vaccinated and the wider community. Pope Francis and the Australian Bishops have advised that it is morally permissible to receive any vaccine made available.

More information is available at <https://www.catholic.org.au/coronavirus>



### Let us Pray for the Sick



Leonila Ahillon, George Alagiah, David Barrow, David Benjamin, Myrna G Cruz, Melvin Fernandes, Wendy & Klaus, Anslan Lawrence, Spencer Leon, Cynthia Lopez, Carmenu M, Gerard Marcello, Marie Marchand, Salome Pillay, Debra Price, Camy Ratnam, Sandra Rose-worn, Susantha Seranayake, Bernie Sivapatham, Joan Spillane, Pummalin Sumcad, Natalie Woodward.

If you would like to add to our Sick List or know of any Parishioner that is unwell please contact Father Henry or the Parish Office on 9622 2920. We can also arrange for Holy Communion or a visit if required.

### Let us Pray for the Deceased

**Recently Deceased:** Pamela Ambrose, Romualdo Austria Snr, Emma Bellissimo, Aloyseon Corera, Cruz Fernandez, Jeffrey Hunter, 'Raj' Selvam Iru-dayaraj, Shanil Jayatilake, Apolinar Jorge, Noly Diaz Limbawan, Mary Mifsud, Rene Montecarlo, Rogelio Moscaya sn, Nancy Mulholland, Bernardo Naringahon, Bonifacio Ngalongalay, Peter Van Giao Nguyen, Francisco Nieves, Virgilio Naringahon, Neil Nuevaespana, Custodio Palamos Jr, Rena Rose Pinto, Mary Silva, Melchor Miranda Usman, Domingo Villarta.

**Anniversaries:** Emma Aramini, Cecil Beed, Nazarene (Ronnie) Borg, Jacqueline & Edmond Clarisse, Rita De Silva, Philomena Corera, Brian Jordan, Salvatore, Antonio, Alberto, Beryl McKertich, Lourda Motha, Paul Mula, Eamon O'Sullivan, Custodio Palamos Sr., Nieves Palamos, Lakshman Perera, Mary Silva, Pauline Soares.

**Remembrance:** France Angseesing, Roy, Mary & Des Barney, Fortunata & Frank Baiada, Peter & Helen Bonnici, Sam Borg, Rose Fernandes, Michael Gachia, Sharon Apolinario & Felina Maglaya, Pauline Meilak, Joe and Anne Menezes, Lourda Motha, Stephen & Louis Mula, Muscat family, Roseline Ratnam.

### Planned Giving Program

On behalf of the Parish Community, I would like to thank you so much for your ongoing support, which has been very vital to keep our Parish going strong. Projects completed include the Hall Kitchen renovation, Parish Meeting Room painting, Parish Office and Meeting Room Roof painted, Church roof cleaned and ceiling repaired and painted.

### ON-LINE BANK DONATIONS

BSB: 067 950;

Account Number 000552;

Account Name: Seven Hills Catholic Church.

(please include your NAME and ENVELOPE NUMBER in the reference description, or write DONATION if you haven't joined the Planned Giving Prog.

### IN-PERSON BANK DEPOSIT (at a Bank Institute/Branch)

Seven Hills Catholic Church

BSB: 062 315

Acc Id # - 00901486

AGENT # - 660

Your generosity is greatly appreciated.



FIRST READING

A reading from the prophet Jeremiah 23:1-6

‘Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered – it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds – it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost – it is the Lord who speaks! ‘See, the days are coming – it is the Lord who speaks – when I will raise a virtuous Branch for David, who will reign as true king and be wise, practicing honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The Lord-our-integrity.’

RESPONSORIAL PSALM

(R.) The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me;  
to revive my drooping spirit. (R.)

He guides me along the right path,  
He is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
With these you give me comfort. (R.)



You have prepared a banquet for me in the sight of my foes.  
My head you have anointed with oil;  
My cup is overflowing. (R.)

Surely goodness and kindness  
shall follow me  
all the days of my life.  
In the Lord’s own house shall I dwell for ever and ever. (R.)

SECOND READING

A reading from the letter of St Paul to the Ephesians 2:13-18

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to

GOSPEL ACCLAMATION

Alleluia, alleluia!  
My sheep listen to my voice, says the Lord;  
I know them, and they follow me.  
Alleluia!

GOSPEL

A reading from the holy Gospel according to Mark 6:30-34

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, ‘You must come away to some lonely place all by yourselves and rest for a while’; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.



PRAYER FOR SPIRITUAL COMMUNION

My Jesus, I believe that you are truly present in the  
Most Blessed Sacrament of the altar.  
I love You above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly to You.  
Never permit me to be separated from you. Amen

POPE FRANCIS: DON'T THROW PLASTIC IN THE SEA

By Linda Bordoni

Pope Francis reminded the faithful on Sunday, 11 July, that today is Sea Sunday: “dedicated in a special way to all those who rely on the sea for their work and livelihood.” Celebrated annually, Sea Sunday, is a day for people to come together to pray for seafarers and fishers and thank them for the vital role they play in all of our lives. As Pope Francis points out, it is also a day in which to highlight the importance of caring for the sea and its ecosystem. Speaking after the Angelus prayer, the Pope said he is praying for seafarers and he exhorted everyone to take care of the oceans and of the seas. “Take care of the health of the sea: no plastic in the sea!” he said.

8 million tons plastic enter the ocean every year

UN figures show 8 million tons of plastic enter the ocean annually, killing marine life and feeding into the human food chain. Pope Francis makes many references to the need to care for oceans and seas in his encyclical “Laudato si, On Care for Our Common Home”. In paragraphs 40-41, he writes: “Oceans not only contain the bulk of our planet’s water supply, but also most of the immense variety of living creatures, many of them still unknown to us and threatened for various reasons...Particularly threatened are marine organisms which we tend to overlook, like some forms of plankton; they represent a significant element in the ocean food chain, and species used for our food ultimately depend on them...In tropical and sub-tropical seas, we find coral reefs comparable to the great forests on dry land, for they shelter approximately a million species, including fish, crabs, molluscs, sponges and algae. Many of the world’s coral reefs are already barren or in a state of constant decline. ‘Who turned the wonderworld of the seas into underwater cemeteries bereft of colour and life.’” In a letter to business leaders at a 2018 Vatican conference on the fourth World Day of Prayer for the Care of Creation, he said “We cannot allow our seas and oceans to be littered by endless fields of floating plastic.” “We need to pray as if everything depended on God’s providence, and work as if everything depended on us,” he said.

HOLY SEE CALLED FOR SHARED RESPONSIBILITY TO PROTECT REFUGEES AND MIGRANTS

By Lisa Zengarini

As forced migration continues to grow dramatically across the world, more generous resettlement policies are needed, together with a “stronger commitment to responsibility sharing”, the Holy See has reiterated. According to the United Nations High Commissioner for Refugees (UNHCR) the number of forcibly displaced people fleeing from wars, violence, human rights violations, as well as natural disasters, has risen up to 82.4 million worldwide in 2020.

Not just numbers

In a statement addressed on Monday to the 81st Standing Committee of UNHCR’s Executive Committee, the Vatican Permanent Mission to the United Nations and Other International Organizations in Geneva reminded that these people are not just numbers, but “fellow sisters and brothers”. This is why – it said - Countries should commit to a shared responsibility to ensure that “no one is left behind”, as Pope Francis has called for.

The need for a durable solution

The Vatican Permanent Mission said it is “regrettable” that the pandemic has “also become a crisis of protection as well as another cause of delay in the achievement of durable solutions”, reminding that the right to seek asylum is enshrined in the Refugee Convention of the Geneva and “ultimately acknowledges that we are one human family”.

Inadequate response to problems faced by refugees and asylum seekers

It expressed particular concern that in certain circumstances, the pandemic “has challenged fundamental norms of refugee law, particularly the right to seek asylum and the cardinal principle of non-refoulement”. The statement noted that, as the pandemic continues, “the problems faced by refugees and asylum seekers remain without an adequate response”, while “struggles of host communities remain unanswered”. “Resettlement quotas have dropped” and the “impacts on access to healthcare and education have been enormous, with refugees often excluded from access to these basic goods”, it pointed out.

The need for stronger cooperation and solidarity

The Vatican Permanent Mission therefore called for a stronger “cooperation and solidarity, with the aim to assist effectively those States hosting a large number of refugees”, also remarking that refugees and displaced persons “are not merely the objects of assistance”, but are “subjects of rights and duties” that can give positive contributions to the hosting countries.

Balance between States' public health concerns and the right to seek asylum

While acknowledging and respecting the exclusive right of States to manage their own borders, the Holy See finally reaffirms “that it is possible to balance public health concerns and the respect for the principle of non-refoulement and the right to seek asylum”.

## UPDATE FOR POPE FRANCIS' SURGERY FOR SYMPTOMATIC DIVERTICULAR STENOSIS OF THE COLON.

The Director of the Holy See Press Office, Matteo Bruni, has confirmed that the Holy Father was discharged from Agostino Gemelli Hospital shortly after 10.30 this morning.

In responding to questions from journalists, he noted that "Before returning to the Vatican, the Pope went to the Basilica of Saint Mary Major where, before the icon of the Virgin Mary Salus Populi Romani, he expressed his gratitude for the success of his surgery and offered a prayer for all the sick, especially those he had met during his stay in hospital. Shortly before midday he returned to Casa Santa Marta."

Pope Francis later sent a tweet via his @Pontifex profile: "I thank all those who have been close to me with prayer and affection during my hospital stay. Let us not forget to pray for the sick and for those who assist them."

### Hospitalization and surgery

Wide media coverage focused on the Pope's operation and hospitalization. It began quietly after the noontime Angelus of July 4th. In the early afternoon that day, the Director of the Press Office issued a statement that instantly became breaking news on what would usually be a sleepy summer Sunday in Rome, when he said the Pope had left his Casa Santa Marta residence and headed to the Agostino Gemelli University Hospital for a "scheduled surgery". Finally, close to midnight the Press Office issued the first medical bulletin noting that the Pope "has reacted well" to the operation due to a "diverticular stenosis of the sigma".

### The affection of the world

His hospitalization marked the beginning of a week in which the eyes of the world moved from Saint Peter's Square to the tenth floor of Gemelli Hospital. Crowds began to gather outside the hospital, looking up out at the 10th floor windows out of curiosity, but also to accompany in prayer Pope Francis convalescing in the rooms up there. Among the first to wish the Pope a speedy recovery are Patriarch Bartholomew I and the Imam of al-Azhar Al Tayyeb. Soon from every part of the world, especially via social media, messages full of affection flooded in. Among the most expressive ones were cards from children hospitalized in Pediatric Oncology, a department located in front of the Pope's recovery rooms. The Pope visited with some of them on Monday afternoon and blessed them together with their families and the hospital staff.

### Close to the sick

Daily mid-day medical updates marked the days of his hospitalization with reassuring press bulletins describing the Pope as alert and doing well after his operation. They then recounted his continuing recovery up to the completion of his post-operative treatment on Monday, when it was announced a few more days were added to his expected week-long hospitalization in order to complete the needed therapy. As concern for the Pope's state of health became less urgent, the Pope's stay at Gemelli Hospital presented opportunities to show his closeness to the sick and underscore the universal responsibility to assist and help them.

The highlight came last Sunday when the Pope made his first public appearance for the noontime Angelus led from the balcony of the tenth floor rooms. The crowds below cheered the Pope when he appeared, noticing he looked like he was doing well with his recovery. The Pope made an appeal for "good health service, accessible to all". He also stressed that no one, from sick children to the elderly, should be "left alone" and that everyone "may receive the anointing of listening, closeness, tenderness and care."

## POPE FRANCIS AT ANGELUS: HEALTHCARE FOR ALL IS ESSENTIAL SERVICE.

*By Vatican News staff writer*

Pope Francis gave his familiar "Buongiorno!" greetings from the hospital on Sunday, just one week after undergoing intestinal surgery from which he is still recuperating at Rome's Gemelli Hospital. From the balcony of a 10th floor window overlooking the crowds below, he appeared with children who are being cared for there and recalled the need for our prayers and support for them.

The Pope expressed his joy at being able to keep the weekly Sunday Angelus appointment today and noted his profound gratitude to all, saying "I have deeply felt your closeness and the support of your prayers. Thank you from the bottom of my heart!" In his brief address before leading the recitation of the Angelus prayer, he reflected on today's Gospel reading where we read that Jesus' disciples went out and anointed with oil many who were sick and then healed them. The oil he noted is in the sacrament of the Anointing of the Sick which "gives comfort to spirit and body", but it is also a balm for "listening, the closeness, the care, the tenderness of those who take care of the sick person", easing the pain and helping them feel better. He noted that we all will need this "anointing" some time in our lives, and "we can all give it to someone else" through simple gestures such as a visit, a call, a helping hand.

### Economic pressure must not compromise essential healthcare service

Pope Francis shared that during these days in the hospital he has experienced personally the importance of good health care, accessible to all, as it is Italy and other countries. He stressed that "This precious benefit must not be lost. It needs to be kept!". This requires the commitment of all, he noted, "because it helps everyone and requires everyone's contribution". The Pope noted that economic pressures should not compromise the ability to provide essential healthcare service.

### May no one be left alone

In conclusion, the Pope expressed his profound "appreciation" and "encouragement" to the doctors, healthcare workers, and staff. He asked us all to pray for the sick, especially those in the most difficult situations, underlining, "may no one be left alone, may everyone receive the anointing of listening, closeness and care". He said may we pray for this, "through the intercession of Mary, our Mother, Health of the Sick".



## FROM FR. HENRY DUC

Dear Friends,

It has been a tradition in our Church for all religious people to take their annual retreat, no matter who they are and where they are.

I can never forget my first ever retreat I ever had when I first started the formation program at the age of twelve. It was far from being a good spiritual exercise for me due to homesickness and young age. I remember nothing of those three long days of silence except the name of the retreat master, a well-known bishop from a neighbouring diocese, for I was concerned about my grandparents, parents, brothers and friends left behind, hundreds of kilometres away from the seminary, and about when I could see them again more than

anything else then. The only positive thing I could say about that time is that it served as a stepping stone leading me to a new way of life, very different from what I had experienced before.

From a historical perspective, the history of retreat could be traced back right to the time of Jesus, as we see in the Gospel today. Jesus obviously introduced the retreat idea to the disciples, as he welcomed them back from the ministerial trip that took place in the Gospel account last Sunday.

The first thing the disciples were called to do upon their return was to go through a report session with the Master in which they 'told him all they had done and taught' as Mark described.

Instead of throwing a party to welcome his men back, Jesus thoughtfully instructed them to go away again to a quiet place this time by themselves and take a good rest.

When the report part was completed, the disciples then went away as advised by Jesus, and people, not just a few but a lot of them, had continued to pursue them with eagerness. They were prepared to walk to the place both Jesus and the disciples meant to go to, before they could reach the destination, probably for curious reasons due to extraordinary works like healing the sick and exorcising that they performed in their mission, plus the expectation that they might be able to see more of those works from the disciples, and more importantly from their Master.

They obviously looked lost and tired 'like sheep without a shepherd' as Mark said, and touched by their miserable conditions, Jesus took no rest and began to teach again.

Due to the unique experience we have shared during this second lockdown in our state, I invite you to focus on the exercise Jesus asked the disciples to carry out following their mission, which was to find a quiet place for a good rest.

This exercise in no doubt was nothing but the retreat we have these days, though we tend to be more professional in setting up places and centres specialising in providing all sorts of support and spiritual guidance to retreatants seeking a lonely place and quiet time to be re-connected with the Lord.

Most significantly, this lockdown would help connect us with the exercise Jesus invited the disciples to partake in the past, and turn it into a retreat time, to benefit ourselves a great deal physically, mentally and spiritually.

Let us pray that we may be able to utilise this lockdown as a long retreat, in which we could have a good rest and reconnect ourselves with the Lord through live-streamed Masses, prayers, good reading and a lot of reflection. Consequently we will come out of the lockdown fully recharged with God's grace and ready for the next part of our journey to bear witness to Jesus. Have a spiritually nourishing week.

Fr Henry

## PARISH NEWS...

**PARISH MINISTERS ROSTER** with the Government announcing a further extension to stay-at-home orders for the whole Greater Sydney area, which remains in effect until 11:59pm Friday 30 July, our Church remains closed and all ministers are not required until further notice.

**LIVE-STREAMING** we will continue to Live stream all week-end Masses. Follow the link below;  
<https://www.facebook.com/OLOL7Hills/>

**MEETING'S** that were due to take place in the next week are all postponed for a later date. Watch for notices in the bulletin or contact the parish office. 9622 2920

Please note that you will be advised when Masses will again become available.

*We look forward to welcoming you all at Church soon.*



**TAI CHI & QIGONG** Due to the current COVID-19 situation in Greater Sydney and the NSW Government's announcement to extend lockdown, please be advised that Tai Chi will not resume until further notice.



### MANDATORY ELECTRONIC CHECK-IN

As per NSW Health, from 12 July 2021, every one is required to sign in by using the **QR CODE**.

To make this new mandatory requirement as easy as possible, please follow our new guidelines;

- Enter through the foyer of the Church to use the **QR Code** (please keep screen open for checking, so we can continue to record and adhere to the correct number of attendees.)
- If you do not have a smart phone/access to a QR CODE, please enter through the side door (carpark door) and see the "Welcomer" for further instructions.
- Please arrive 10-15mins before Mass

*We Thank you so much for your co-operation, patience, and understanding.*

If you would like more information please contact the Parish office 9622 2920 Monday-Friday 9-3pm. Information can also be found on the NSW Health website <https://www.nsw.gov.au/covid-19/rules/check-in/first-time-qr-code-users>





## FROM POPE FRANCIS

### CHAPTER FOUR: ECUMENICAL AND INTERRELIGIOUS COEXISTENCE

**108.** None of this needs to create enmity between us. In a true spirit of dialogue, we grow in our ability to grasp the significance of what others say and do, even if we cannot accept it as our own conviction. In this way, it becomes possible to be frank and open about our beliefs, while continuing to discuss, to seek points of contact, and above all, to work and struggle together for the good of the Amazon region. The strength of what unites all of us as Christians is supremely important. We can be so attentive to what divides us that at times we no longer appreciate or value what unites us. And what unites us is what lets us remain in this world without being swallowed up by its immanence, its spiritual emptiness, its complacent selfishness, its consumerist and self-destructive individualism.

**109.** All of us, as Christians, are united by faith in God, the Father who gives us life and loves us so greatly. We are united by faith in Jesus Christ, the one Saviour, who set us free by his precious blood and his glorious resurrection. We are united by our desire for his word that guides our steps. We are united by the fire of the Spirit, who sends us forth on mission. We are united by the new commandment that Jesus left us, by the pursuit of the civilization of love and by passion for the kingdom that the Lord calls us to build with him. We are united by the struggle for peace and justice. We are united by the conviction that not everything ends with this life, but that we are called to the heavenly banquet, where God will wipe away every tear and take up all that we did for those who suffer.

**110.** All this unites us. How can we not struggle together? How can we not pray and work together, side by side, to defend the poor of the Amazon region, to show the sacred countenance of the Lord, and to care for his work of creation?

### CONCLUSION—MOTHER OF THE AMAZON REGION

**111.** After sharing a few of my dreams, I encourage everyone to advance along concrete paths that can allow the reality of the Amazon region to be transformed and set free from the evils that beset it. Let us now lift our gaze to Mary. The Mother whom Christ gave us is also the one Mother of all, who reveals herself in the Amazon region in distinct ways. We know that “the indigenous peoples have a vital encounter with Jesus Christ in many ways; but the path of Mary has contributed greatly to this encounter”. **[145]** Faced with the marvel of the Amazon region, which we discovered ever more fully during the preparation and celebration of the Synod, I consider it best to conclude this Exhortation by turning to her:

*Mother of life,  
in your maternal womb Jesus took flesh, the Lord of all that exists.  
Risen, he transfigured you by his light and made you the Queen of all creation.  
For that reason, we ask you, Mary, to reign in the beating heart of Amazonia.*

*Show yourself the Mother of all creatures, in the beauty of the flowers, the rivers,  
the great river that courses through it and all the life pulsing in its forests.  
Tenderly care for this explosion of beauty.*

*Ask Jesus to pour out all his love on the men and women who dwell there,  
that they may know how to appreciate and care for it.*

*Bring your Son to birth in their hearts, so that he can shine forth in the Amazon region,  
in its peoples and in its cultures, by the light of his word, by his consoling love, by his message of fraternity and justice.*

*And at every Eucharist, may all this awe and wonder be lifted up to the glory of the Father.*

*Mother, look upon the poor of the Amazon region, for their home is being destroyed by petty interests.  
How much pain and misery, how much neglect and abuse there is in this blessed land overflowing with life!*

*Touch the hearts of the powerful, for, even though we sense that the hour is late, you call us to save  
what is still alive.*

*Mother whose heart is pierced, who yourself suffer in your mistreated sons and daughters,  
and in the wounds inflicted on nature, reign in the Amazon, together with your Son.  
Reign so that no one else can claim lordship  
over the handiwork of God.*

*We trust in you, Mother of life.  
Do not abandon us  
in this dark hour.*

*Amen.*

**Given in Rome, at the Cathedral of Saint John Lateran, on 2 February, the Feast of the Presentation of the Lord, in the year 2020, the seventh of my Pontificate.**

## DIOCESAN NEWS



**St Vincent de Paul Society**  
*good works*

If You Need Assistance

Ph 1800 606 724

or Blacktown VSC (02) 8861 9777

### What we are about and how we can provide assistance

Did You Know!

**Vinnies Support Centres and Local Conferences of Vinnies Operate Separately to Vinnies Shops?**

### We can Provide a Hand up when you need it

You may contact us by phoning 1800 606 724 (NSW) where you will be directed to your local Support Centre or phone the Blacktown Support Centre (02) 8861 9777.

They will offer to either assist you at the centre or refer you to your local parish Vinnies Conference who will then contact you and arrange with you to visit you at your place of residence.

If you qualify you may be able to be assisted with food, household goods and if needed referral to specialist assistance.

Kindly pass this information to anyone whom you may know is in need of assistance.

Thank you

· Home Visitation · Emergency Assistance · Vinnies Stores · Social Justice · Community Programs Support & Referral  
· Long Day Care · No Interest Loans · Budget Counselling and Youth Programs ·

### HAVE YOU VISITED OUR PARISH WEBSITE LATELY??

Our parish website is updated regularly with news and upcoming events - everything from youth news to social justice to Live-stream Mass times, bulletins, and much more - a great way to stay up to date with what's on in our parish! Visit [www.olol7hills.org.au](http://www.olol7hills.org.au)



### Our Lady of Lourdes

Ever immaculate Virgin, Mother of mercy,  
health of the sick, refuge of sinners,  
comfort of the afflicted, you know my needs,  
my troubles, my sufferings; cast on me a look of pity.

By appearing in the grotto of Lourdes,  
you were pleased to make it a privileged sanctuary,  
from which you dispense your favours,  
and already many sufferers have obtained the cure of their infirmities, both spiritual and physical.

I come, therefore, with the most unbounded confidence to implore your maternal intercession.

Obtain most loving mother, my requests,  
through Jesus Christ your Son our Lord.  
*Amen.*

### LITURGY HELP Personal and Family Prayer.

In this time of crisis, we are providing Catholics with access to a range of resources for personal and family prayer. To access these free resources, go to:

**liturgyhelp.com/aus/parra/pray** (login / register as a new user)

### FINDING GOD IN AUSTRALIA RETREAT 6 – 8 August

Fr John Hill CSsR will be presenting a retreat on “Finding God in Australia” at the St Clement’s Retreat Centre, Galong, NSW, from 6 to 8 August. This retreat will provide an opportunity to reflect about life here in Australia and to renew the foundations of faith for the future. Ensuite rooms are \$350, with shared facilities \$300. To register, please contact (02) 6380 5222 or email [info@stclement.com.au](mailto:info@stclement.com.au)

### FAN THE FLAME – Towards Plenary Assembly One October 2021 “You must come away to some lonely place all by yourselves and rest for a while” Mark 6:30-34

Our Aboriginal culture has taught us to be still and to wait... We wait for the rain to fill our rivers and water the thirsty earth... We wait on God, too. We don’t worry. We know that in time and in the spirit of *dadirri* (that deep listening and quiet stillness) his way will be clear. (*Miriam-Rose Ungunmerr, “Dadirri: Inner Deep Listening and Quiet Still Awareness”, Miriam-Roes Foundation, accessed 23 April 2021, https://www.miriamrosefoundation.org.au/about-dadirri.*)

[www.plenarycouncil.catholic.org.au/fantheblade/](http://www.plenarycouncil.catholic.org.au/fantheblade/)

### ADULT CONFIRMATION: 2 September

Adult Confirmation in the Diocese will be held on **Thursday 2 September at St Patrick’s Cathedral, Parramatta at 7.30pm**. This is for those who have reached the age of 16 years and have yet to receive the Sacrament of Confirmation. Prior to the Mass, there will be a Catechesis day on **Saturday August 21** at the Institute for Mission (IFM) Blacktown from 9.30am to 3pm. For information and registration contact the Office For Worship at (02) 8838 3456 or email [anne.alimangohan@parracatholic.org](mailto:anne.alimangohan@parracatholic.org)



### Pope Francis’ Prayer to Mary during the coronavirus pandemic

O Mary, you always shine on our path as a sign of salvation and of hope.  
We entrust ourselves to you,  
Health of the Sick, who at the cross took part in Jesus’ pain,  
keeping your faith firm.

You, Salvation of all People, know what we need,  
and we are sure you will provide so that,  
as in Cana of Galilee, we may return to joy and to feasting  
after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus,  
who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross,  
to the joy of the resurrection. *Amen.*

Under your protection, we seek refuge,  
Holy Mother of God.

Do not disdain the entreaties of we who are in trial,  
but deliver us from every danger,  
O glorious and blessed Virgin.