
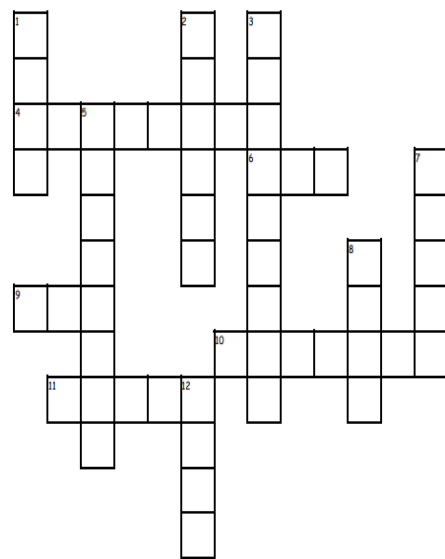


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MASTER  
DEVILS  
WATER  
REWARD  
MIRACLE  
NECK  
HELL  
OBSTACLE  
MILLSTONE  
LAME  
FAITH  
WORM



Those who praise Jesus will be rewarded



- Across
- 4: Jesus was happy for people to perform these in his name
- 6: a container you drink from
- 9: Jesus said, 'anyone who is not against us is \_\_\_ us'
- 10: someone who teaches
- 11: we should do good things in the name of this man
- Down
- 1: the word you are known by
- 2: if you \_\_\_\_\_ to Jesus you will be rewarded
- 3: these people were friends and followers of Jesus
- 5: you will be r\_\_\_\_\_ if you do good works in Jesus' name
- 7: you will be rewarded if you give someone a cup of this in Jesus' name
- 8: this man asked Jesus about the miracle worker
- 12: \_\_\_\_\_ is the opposite of start



Natasha notices the wonderful world outside her window. Anne reminds us that Earth is an amazing gift from God. Together they explore the importance of caring for life and that we cannot continue to take from the Earth without giving back.

<https://youtu.be/5HVCXNL0kcs>

## Jesus in Our Midst

Look for and circle these 14 things in the picture.



- |               |                 |
|---------------|-----------------|
| 1. apple      | 9. guitar       |
| 2. balloon    | 10. ham-burger  |
| 3. base-ball  | 11. scissors    |
| 4. bird       | 12. skate-board |
| 5. bow        | 13. straw-berry |
| 6. cat        | 14. teddy bear  |
| 7. cell phone |                 |
| 8. feather    |                 |



## 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](mailto:secretary@lol7hills.com.au)

**Parish Priest:** Fr Henry Huu Duc Tran

**Parish Office Team:** Mrs Erika Hien, Alison Lette, 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

**Parish School:** Our Lady of Lourdes 8869 6800

**Principal:** Ms Keiran Byrnes

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

**Baptismal Preparation:** 17th November 2021 7:30pm

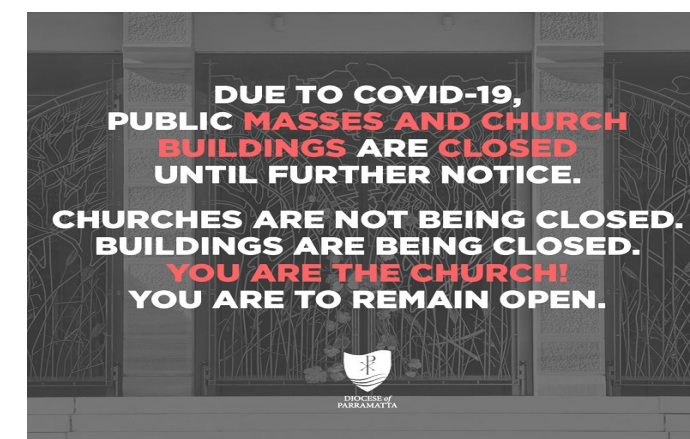
**Baptism:** 2nd & 4th Sunday 11am -TBA

**Parish Website:** [www.lol7hills.com.au](http://www.lol7hills.com.au)

**Pastoral Care of the Sick:** Bathista Emmanuel 0405833655

### Twenty Sixth Sunday in Ordinary Time •Year B—26 September 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>

#### SECOND COLLECTION or 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

Account Name: Seven Hills Catholic Church.

BSB: 067 950

ACC: 000552

Reference: (Your Planned Giving envelope number or please write 'DONATION')

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

Seven Hills Catholic Church

BSB: 062 315

Acc Id # - 00901486

AGENT # - 660

#### FIRST COLLECTION—ON-LINE BANK DONATIONS

The first collection is for the support of priests here and throughout the diocese. Parishioners can donate/contribute to the First Collection using the bank details below;

Account Name: Parramatta Diocesan Clergy

BSB: 067 950

ACC: 00004265

Reference: 6035 Seven Hills

Your generosity is greatly appreciated.



#### Let us Pray for the Sick

Leonila Ahillon, George Alagiah, David Barrow, David Benjamin, Myrna G Cruz, Elizabeth Ehsman, Melvin Fernandes, Wendy & Klaus, Anslan Lawrence, Spencer Leon, Cynthia Lopez, Carmenu M, Gerard Marcello, Marie Marchand, Salome Pillay, Debra Price, Camy Ratnam, Sandra Roseworn, Susantha Seranayake, Bernie Sivapatham, Joan Spillane, Pummalin Sumcad, Sue Tipaldo, 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:** Loren Mombay, Rosie Flame, Vivante Fenis, Victor Azzopardi, Pat Slavik, Jose T.Maestrecampo, Tony Duque Ngan, Fe Rem Ninofranco, Elizabeth Rios Losa,

Lina Cabaero, David Quan Hien Dang, Cruz Fernandez, Zenaida Garcia, Marie Arlette Yolán Sheik Amode Hossen, Noly Diaz Limbawan, Elenoa Ahomana Matavesi, Sylroy Menezes, Nancy Mulholland, Hanh My Thi Nguyen, Adelaida Nonato. Thai Tran Van, Maria Ly Thi Tran,

**Anniversaries:** Maria Tagle Almodovar, Ana Batorek, Nazarene (Ronnie) Borg, Marie Therese Descombes, Monica, Christiansen Dias, Rose Fernandes, Leandro Garcia Sr, Ajay Kallukalam, Salvatore, Antonio, Alberto, Edouard Mahomudally, Lourda Motha, Paul Mula, Caroline Susai Nathan, Peter Sandaman, Bibiano Villanueva.

**Remembrance:** France Angseesing, Roy, Mary & Des Barney, Fortunata & Frank Baiada, Josefa S Flores, Apolinario & Felina Maglaya, Lourda Motha, Stephen & Louis Mula, Muscat family, Romeo M. Palmos, Mile Perak.



#### 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.



FIRST READING  
A reading from the book of Numbers 11:25-29

The Lord came down in the Cloud. He spoke with Moses, but took some of the spirit that was on him and put it on the seventy elders. When the spirit came on them they prophesied, but not again. Two men had stayed back in the camp; one was called Eldad and the other Medad. The spirit came down on them; though they had not gone to the Tent, their names were enrolled among the rest. These began to prophesy in the camp. The young man ran to tell this to Moses, ‘Look,’ he said, ‘Eldad and Medad are prophesying in the camp.’ Then said Joshua the son of Nun, who had served Moses from his youth, ‘My Lord Moses, stop them!’ Moses answered him, ‘Are you jealous on my account? If only the whole people of the Lord were prophets, and the Lord gave his Spirit to them all!’ The word of the Lord.

RESPONSORIAL PSALM

(R.) The Lord upholds my life.

The law of the Lord is perfect,  
it revives the soul.  
The rule of the Lord is to be trusted,  
it gives wisdom to the simple. (R.)

The fear of the Lord is holy,  
abiding for ever,  
The decrees of the Lord are truth  
and all of them just. (R.)

So in them your servant finds instruction;  
great reward is in their keeping.  
But who can detect all his errors?  
From hidden faults acquit me. (R.)

From presumption restrain your servant  
and let it not rule me.  
Then shall I be blameless,  
clean from grave sin.(R.)

SECOND READING A reading from the letter of St James 5:1-6

An answer for the rich. Start crying, weep for the miseries that are coming to you. Your wealth is all rotting, your clothes are all eaten up by moths. All your gold and your silver are corroding away, and the same corrosion will be your own sentence, and eat into your body. It was a burning fire that you stored up as your treasure for the last days. Labourers mowed your fields, and you cheated them – listen to the wages that you kept back, calling out; realise that the cries of reapers have reached the ears of the Lord of hosts. On earth you have had a life of comfort and luxury; in the time of slaughter you went on eating to your heart’s content. It was you who condemned the innocent and killed them; they offered no resistance. The word of the Lord.

GOSPEL ACCLAMATION

Alleluia, alleluia!  
Your word, O Lord, is truth:  
make us holy in the truth.  
Alleluia!

GOSPEL  
A reading from the holy Gospel according to Mark 9:38-43,45,47-48

John said to Jesus. ‘Master, we saw a man who is not one of us casting out devils in your name; and because he was not one of us we tried to stop him.’ But Jesus said, ‘You must not stop him: no one who works a miracle in my name is likely to speak evil of me. Anyone who is not against us is for us. ‘If anyone gives you a cup of water to drink just because you belong to Christ, then I tell you solemnly, he will most certainly not lose his reward. ‘But anyone who is an obstacle to bring down one of these little ones who have faith, would be better thrown into the sea with a great millstone round his neck. And if your hand should cause you to sin, cut it off; it is better for you to enter into life crippled, than to have two hands and go to hell, into the fire that cannot be put out. And if your foot should cause you to sin, cut it off; it is better for you to enter into life lame, than to have two feet and be thrown into hell. And if your eye should cause you to sin, tear it out; it is better for you to enter into the kingdom of God with one eye, than to have two eyes and be thrown into hell where their worm does not die nor their fire go out.’ The Gospel of the Lord.

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 RECENT INTERVIEW

By Carlos Herrera  
What was the Pope’s confinement like? The time we have been confined at home. What has the Pope done during the confinement?

First, I have to put up with myself, which is not easy. It is a science that I still have to master. It’s hard to put up with oneself. You have been in the practice for many years... Yes, but it is difficult. Sometimes a person is capricious with himself and wants things to come out automatically. Then I started to take things back little by little and, today, I am leading a normal life. This morning, the whole morning of hearings; today is the second hearing in the afternoon (I started at 3.30 p.m.) and I am still going on.

Although the goal of your next trip is to Slovakia, many will be looking forward to your meeting with the Prime Minister of Hungary, Victor Orban, with whom you do not share some points of his government program, especially regarding the closing of borders. What would you like to say to him if you had the opportunity to meet him alone?

I don’t know if I am going to meet him. I know that authorities will come to greet me. I am not going to the center of Budapest, but to the place of the [Eucharistic] Congress, and there is a hall where I will meet with the bishops, and there I will receive the authorities who will come. I don’t know who will come. The president I know because he was at the Mass in Transylvania, that part of Romania where they speak Hungarian, a beautiful Mass in Hungarian, and he came with a minister. I think it wasn’t Orban... because at the end of the Mass we formally greet... I don’t know who will come... And one of my ways is not to go around with a script: When I am in front of a person, I look him in the eyes and let things come out. It doesn’t even occur to me to think about what I’m going to say if I’m with him, those potential future situations that don’t help me. I like the concrete; thinking about potential future situations makes you tangled, it is not good for you.

Your Holiness is closely following the new political map Afghanistan is facing. The country has been left to its own devices after many years of military occupation. Can the Vatican pull diplomatic strings to try to prevent reprisals against the population or for so many other things?

Certainly. And, in fact, I am sure that the Secretariat of State is doing so because the diplomatic level of the Secretary of State and his team is very high, also that of Relations with the Nations. Cardinal Parolin is really the best diplomat I have ever met. A diplomat who adds; not one of those who detract. He is someone who always seeks, a man of agreement. I am sure he is helping or at least offering to help. It is a difficult situation. I believe that as a pastor I must call Christians to a special prayer at this time. It is true that we live in a world of wars, (think of Yemen, for example). But this is something very special, it has another meaning. And I am going to try to ask for what the Church always asks for in times of great difficulty and crisis: more prayer and fasting. Prayer, penance, and fasting, which is what is asked for in moments of crisis. And regarding the fact of 20 years of occupation and then leaving, I remembered other historical facts, but I was touched by something that Chancellor Merkel, who is one of the great figures of world politics, said in Moscow, last 20th [of August]. And she said, I hope the translation is correct: “It is necessary to put an end to the irresponsible policy of intervening from outside and building democracy in other countries, ignoring the traditions of the peoples.” Concise and conclusive. I think this says a lot; and everyone can interpret it as they wish. But there I felt a wisdom in hearing this woman say this.

The fact that the West is withdrawing, essentially the coalition headed by the US and the EU itself? Does it discourage the Holy Father, or do you think it is the right way to go? Should we leave them to their fate?

They are three different things. The fact of withdrawing is legitimate. The echo it has in me is something else. And the third thing, you said “leave them to their fate”; I would say the way to withdraw, the way to negotiate a way out, isn’t it? As far as I can see, not all eventualities were taken into account here... or it seems, I don’t want to judge. I don’t know whether there will be a review or not, but certainly there was a lot of deception perhaps on the part of the new authorities. I say deceit or a lot of naïveté, I don’t understand. But I would see the way here. And that from Mrs. Merkel I think emphasizes that.

I guess the Pope can allow himself disappointments like any Christian. As Holy Father, what has been the biggest disappointment you have had, Your Holiness?

I had several. I had several disappointments in life and that’s good because disappointments are like emergency landings. They are like emergency landings in life. And the point is to get up. There is an alpine song that says a lot to me: “In the art of climbing, what matters is not not to fall, but not to stay fallen”. And you, faced with a disappointment, have two ways: either you stay there saying that this is not going to work—as the tango [song] says: “Dale que va, que todo es igual, que allá en el horno nos vamos a encontrar” [Lyrics, in Argentine slang, of a tango song from the 1930’s: “Keep it up, it’s all the same, there in hell we’re gonna reunite”]—or I get up and bet again. And I believe that in the face of a war, in the face of a defeat, even in the face of one’s own disappointment or one’s own failure or one’s own sin, one must get up and not remain fallen.

(to be continued)

POPE FRANCIS AT MASS IN SASTIN, SLOVAKIA: MARY AS MODEL OF FAITH

By Robin Gomes

Mary’s faith as a journey

In his homily, the Pope reflected on Mary’s faith as a journey, a prophecy and as compassion. Firstly, the Pope said, Mary’s faith sets her on a journey. After hearing the message of the angel, she did not consider it a privilege to be chosen as the Mother of the Saviour; she did not lose the simple joy of her humility; she did not keep thinking about herself within the four walls of her house. Rather, after experiencing the gift she had received as a mission to be carried out, she went to visit and assist Elizabeth, her cousin. Completely caught up in God’s own “haste”, she felt urged to open the door and go out to reach all people with God’s saving love. "She chose the unknowns of the journey over the comfort of her daily routines, the weariness of travel over the peace and quiet of home; the risk of a faith that makes our lives a loving gift to others over a placid piety."

The day’s Gospel presents Mary on a journey to Jerusalem with her husband Joseph for the rite of the Presentation of Baby Jesus in the temple. The Pope said the rest of her life would be a journey in the footsteps of her Son, as the first of his disciples, even to Calvary, to the foot of the cross.

Pope Francis held out the Blessed Virgin to Slovaks as a model of faith that involves journeying, a faith inspired by simple and sincere devotion, a constant pilgrimage to seek the Lord. It’s a journey that overcomes the temptation to a passive and ritual faith, and makes life a pilgrimage of love towards God and their brothers and sisters.

He urged Slovakia’s Catholics to persevere on this journey without stopping, adding, when the Church stops moving, she falls sick. When bishops stop moving, the Church falls sick and when priests stop walking, the people of God fall sick, he said.

Mary’s faith as prophetic

The Pope then focused on Mary’s faith as prophetic. Her life is a prophetic sign that points to God’s presence in human history, His merciful intervention that confounds the logic of the world lifts up the lowly and casts down the mighty. As the Immaculate Virgin, she is the icon of our own vocation, called to be holy and blameless in love.

Reflecting on the prophecy of Simeon at the Presentation, that the Child was destined for the fall and rise of many in Israel and a sign of contradiction, the Pope said that faith cannot be "reduced to a sweetener to make life more palatable." The darkness always fights against Him and He came to bring not peace but a sword, demanding a decision from us. With Jesus, we cannot remain lukewarm, with a foot in both camps. “When I accept Him, He reveals my contradictions, my idols, my temptations. He becomes my resurrection, the one who always lifts me up when I fall, the one who takes me by the hand and lets me start anew.”

The Pope said Slovakia today needs such prophets, Christians who can demonstrate the beauty of the Gospel by the way they live. Turning to the bishops, he urged them to take up this path. Slovakia needs Christians, who are "weavers of dialogue where hostility is growing; models of fraternal life where society is experiencing tension and hostility; bringers of the sweet fragrance of hospitality and solidarity where personal and collective selfishness too often prevails, protectors and guardians of life where the culture of death reigns".

Mother of compassion

Finally, contemplating on the Mary, the Mother of compassion, the Holy Father said, she ensured there was sufficient wine at the wedding feast of Cana, she shared in her Son’s mission of salvation, even to the foot of the Cross. While Jesus suffered in the flesh, disfigured by evil, Mary suffered in spirit, as the compassionate Mother who dries our tears, comforts us, and points to Christ’s definitive victory.

The Mother of Sorrows remains at the foot of the cross, without running away, trying to save herself, or finding ways to alleviate her grief. She stands there weeping with the faith that knows that, in her Son, God transfigures pain and suffering and triumphs over death.

Pope Francis encouraged Christians to a faith that becomes compassion, identifying themselves with the needy, those who are hurt, suffering and are forced to bear heavy crosses. It is a faith that does not remain abstract but becomes incarnate in fellowship with those in need. It is a faith that imitates God’s way of doing things, quietly relieving the suffering of our world and watering the soil of history with salvation.

What is Shariah?

Shariah is based on the Quran, stories of the Prophet Muhammad’s life and the rulings of religious scholars, forming the moral and legal framework of Islam. The Quran details a path to a moral life, but not a specific set of laws.

One interpretation of Shariah could afford women extensive rights, while another could leave women with few. Critics have said that some of the Taliban restrictions on women under the guise of Islamic law actually went beyond the bounds of Shariah.

shariah lists some specific crimes, such as theft and adultery, and punishments if accusations meet a standard of proof.

When the Taliban controlled Afghanistan from 1996 to 2001, they banned television and most musical instruments. They established a department for the Promotion of Virtue and the Prevention of Vice based on a Saudi model.

Restrictions on behavior, dress and movement were enforced by the morality police officers who drove around in pickup trucks, publicly humiliating and whipping women who did not adhere to their rules.

In Arabic, Sharia acts as a code for living that all Muslims should adhere to, including prayers, fasting and donations to the poor. It aims to help Muslims understand how they should lead every aspect of their lives according to God's wishes.



FROM FR. HENRY DUC

FROM FR. HENRY

Dear Friends,

It’s more than a month since Kabul collapsed and the Taliban has returned to rule Afghanistan bringing with them deaths, forcing thousands of people to flee the country, and striking fear and uncertainty in multiple ways amongst those left behind due to the authoritarian nature of the regime led by right wing Muslim ‘students’, who made it very loud and clear that they shall govern the country on the basis of the Sharia law.

What is the Sharia law that could make people shaken and trembled? The word ‘Sharia’ literally means "the clear, well-trodden path to water", and Sharia law means Islam's legal system derived from the Quran, Islam's holy book, as well as the Sunnah and Hadith - the deeds and sayings of the Prophet Muhammad, and when an answer cannot be derived directly from these, religious scholars may be called upon to provide rulings as guidance on a particular topic or question. Islamic scholars says Sharia is mainly a code of ethical conduct and about worship and charity but a part of it deals with crime. Sharia law divides offences into two general categories: "*hadd*" offences, which are serious crimes with set penalties, and "*tazir*" crimes, where the punishment is left to the discretion of the judge.

*Hadd* offences include theft, which under the strictest interpretations of Sharia, can be punishable by amputating the offender's hand. Women accused of adultery were stoned to death. In 1996, a woman in Kabul had the end of her thumb cut off for wearing nail polish, according to Amnesty International.

Just mind you, some of us perhaps might feel agitated and uncomfortable by the language Jesus chose to use in the Gospel this Sunday, when he repeatedly made statements suggesting those who lead others by bad examples to be thrown into the sea with a great millstone round the neck, or committed sins to have hand amputated, foot cut off or eye torn out, depending on their wrong doings.

Though such a language seems to echo the way Sharia law deal with *hadd* offences, we can be assured that Jesus totally had no intention to follow that brutal way, since he during his entire ministry had been absolutely consistent in preaching the commandment of dual love, and he didn’t simply require his followers to put it into practice, but led them by example as well. Furthermore, his courageous stand in the story of the adulterous woman opposing the move to stone her to death initiated by the Pharisees and the teachers of Jewish Law would give us the clear picture of his preferred position, despite his opponents’ attempt to put pressure on him by reminding him of the death penalty she should be given according to their religious law (cf. Jn 8.1-11).

From an epistemological perspective, Jesus’ choice of language also helps to highlight what he probably meant to say to us here, for he opted for the simple past tense ‘would’ in this contest, and as we know, the simple past tense aims to make his statement not definite, less direct and blunt. Therefore, we should have the peace of mind to conclude that Jesus, by no means, inclined to force his followers into bodily harms when they happen to commit sins, since this position could make him contradict what he preached and there was an example in the Gospel of John to verify his stand against physical punishments.

What he probably meant to tell us through the rather tough message today is to amplify a serious call asking all of us to live a genuine Christian life by staying away from sins and showing good examples to others around us. He expects us to do it and would be quite upset if we fail to take his advice seriously.

Let us ask Jesus today for his support to keep us always strong and steady in our call to bear witness to his commandment of loving God and people, and his strength to keep us in his grace despite so many temptations that we have to face in our every-day lives.

On this Migrants & Refugees Sunday, let us remember in our prayer all the displaced throughout the world, especially Afghan refugees both in and outside of Afghanistan. Let us pray for a conversion of heart from the Taliban, so that they may become more human and more lenient in treating their own people, especially Afghan girls and women.

Have a service-focused week.

Fr Henry

PARISH NEWS...

OUR PARISH OFFICE

Due to this current lockdown, our Parish Office will remain closed for any physical contact. However, either Fr Henry or one of the staff will be available to receive phone calls and check our parish emails everyday. Please do not hesitate to ring or send us an email.

**LIVE-STREAMING** we will continue to Live stream all week-end Masses. **Saturdays 6PM (Vigil), Sundays: 8AM, 9:30AM** Follow the link <https://www.facebook.com/LOLO7Hills/>

Fr. JOSEPH LAM’S NEW BOOK

Fr Joseph has been a familiar face in our parish and we were privileged to get him for retreats and talks a few times. Recently he has released a new book entitled I Will Cause My Spirit to Enter You and You Shall Live: Biblical Theological Essays on the Pandemic dealing with the topic obviously so real and close to all of us. It costs \$AUD9.99 plus postage and can be purchased directly from him via his email [joseph.lam@parracatholic.org](mailto:joseph.lam@parracatholic.org)

Please give him your best support.

CONGRATULATIONS ARTELLE LENTHALL

A congratulations to one of our staff members Artelle Lenthall on the launch of her book “STAR” *Star* is the story of The Nativity told from the rather unusual perspective of The Christmas Star. Like all Nativity based stories it’s a story of Love, Wonder and Sacrifice. There are also themes of friendship, self-doubt and finding one’s place in the world/ finding and sharing one’s gifts and talent Purchases can be made from Five Sense in Seven Hills <https://www.fivesenseseducation.com.au/>

ON-LINE BANK DONATIONS DESCRIPTION

**REQUIREMENT**, for those using the online bank details to Donate to Our Lady of Lourdes Catholic Church, please use the description panel and write DONATION. If you are part of the Planned Giving Program it is important that you write PG (for Planned Giving) and your envelope number PG#432 (if you are not sure of your number, please email or call Alison in the office, who will let you know - [Alisoni@olol7hills.com.au](mailto:Alisoni@olol7hills.com.au) ) This will also help if you require a receipt at the end of the Financial Year. *Thank you.*



## POPE FRANCIS INVITES YOU TO CELEBRATE THE SEASON OF CREATION



The Season of Creation is a time to renew our relationship with our Creator and all creation through celebration, conversion, and commitment together. During the Season of Creation, we join our sisters and brothers in the ecumenical family in prayer and action for our common home.

The season starts 1 September, the Day of Prayer for Creation, and ends 4 October, the Feast of St. Francis of Assisi, the patron saint of ecology beloved by many Christian denominations.



Make sustainable lifestyle changes on an individual level The Season of Creation is a wonderful time to reflect on how our lifestyles affect the environment and to make a commitment to more sustainable ways of living. The good news is that making more sustainable lifestyle choices in just a few areas adds up to a big difference overall. As the saying goes, "Let us live simply so that others may simply live." Living simply is a way to ensure our planet is truly a home for all. Calculate your carbon footprint using an online calculator like this one <https://www.wwf.org.au/get-involved/change-the-way-you-live/ecological-footprint-calculator#gs.c0hvne>

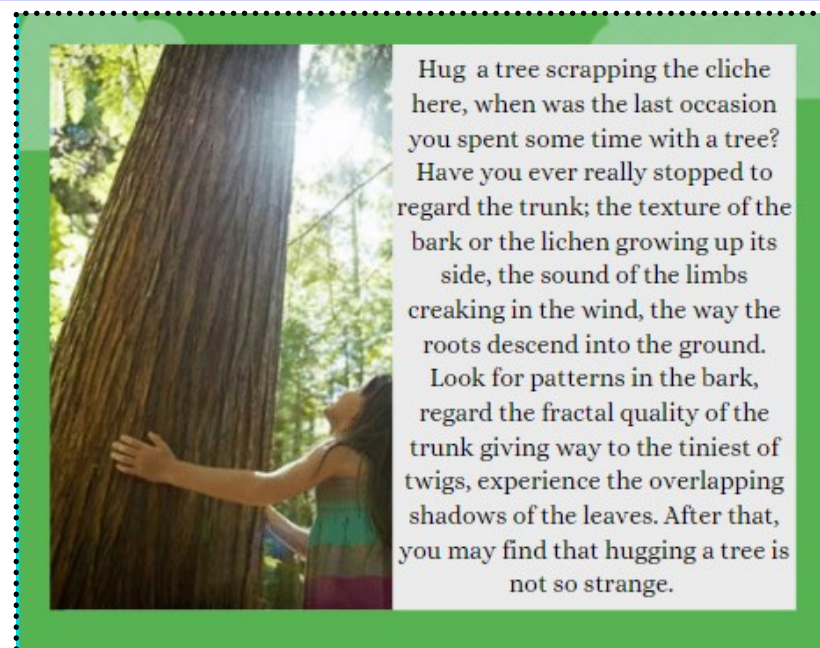
Join the Season of Creation sustainability challenge which includes weekly themes related to diet, energy, consumerism, and transportation. check the Season of Creation website for details <https://seasonofcreation.org/>



The skies the limit; Well, it doesn't have to be. There are limitless options to connect with nature, but sky observation is one of the most ancient ways to do so. You don't need to be on top of a mountain or in an observatory to take a glance upward. Challenge yourself to lift your head several times throughout the day and just notice the sky. What do the clouds look like? How does the light compare with your mood? Where is the sun? And when the sun goes down, check in with the stars, the moon, or the seldom acknowledged night clouds. We can go throughout an entire day without looking up, yet it only takes seconds to do so. In lifting our heads, we often able to lift our moods as well.

| HOW TO LIVE A MORE SIMPLE LIFE       |                               |
|--------------------------------------|-------------------------------|
| De Clutter                           | Avoid the Noise               |
| Keep only Beautiful or Useful Things | Let go of what you're used to |
| Take Naps on Sundays                 | Practice Gratitude            |
| Prepare simple Home Cooked Meals     | Focus on Fulfilment not Money |
| Cut Cable TV                         | Stop Rushing                  |
| Celebrate Happy Moments              | Appreciate Nature             |

[www.lifestylefifty.com](http://www.lifestylefifty.com)



Hug a tree scrapping the cliché here, when was the last occasion you spent some time with a tree? Have you ever really stopped to regard the trunk; the texture of the bark or the lichen growing up its side, the sound of the limbs creaking in the wind, the way the roots descend into the ground. Look for patterns in the bark, regard the fractal quality of the trunk giving way to the tiniest of twigs, experience the overlapping shadows of the leaves. After that, you may find that hugging a tree is not so strange.

If you feel up to a simple, committed relationship, get a houseplant. Even if you've convinced yourself that you have no green thumb, there are plants that are almost impossible to kill and easy to care for (succulents, snake plants, etc). Put it somewhere that you will see it every day, if not to remember to water it then to have an opportunity to acknowledge it. Wish it a good morning, name it, give it a nice little pot to live in. Sometimes it's easier to bring a bit of nature into our lives when we cannot find the time to extend our lives into nature.



## DIOCESAN NEWS

### MIGRANT & REFUGEE SUNDAY 2021: 26 September

On 26 September, the Catholic Church around the world celebrates the World Day of Migrants and Refugees (also known as Migrant and Refugee Sunday). Pope Francis invites us to work *Towards an ever wider "we"* and embrace the resilience and contribution of Migrants and Refugees to the church and society. The "Diocesan Journey... Walking with Refugees" team invites you to a **Virtual Diocesan Conversation with Refugees** on 26 September from 3pm to 4.15pm. RSVP via [www.bit.do/diocesan-refugee](http://www.bit.do/diocesan-refugee). Find more information and resources at [migrants-refugees.va](http://migrants-refugees.va) and [acmro.catholic.org.au](http://acmro.catholic.org.au).

### CAMPION COLLEGE VIRTUAL OPEN DAY

**28 September** Campion College, the Australian liberal arts college based in Toongabbie are holding a virtual open day on Tuesday 28 September from 10am to 5pm. This is the perfect opportunity for prospective students to find out more about the College and their liberal arts degree. For more information, and to register, please visit <https://www.campion.edu.au/virtual-open-day/>

### DIOCESE OF PARRAMATTA LAUNCHES PLENARY COUNCIL RESOURCE WEBSITE

A new website provides resources for parishioners in the Diocese of Parramatta to stay involved in the Plenary Council, which is exploring what the future of our Church should look like.

The first assembly starts in October, so visit [parracatholic.org/plenary-2021/](http://parracatholic.org/plenary-2021/) to find a range of information, a Diocesan prayer and more.

### OFFICE FOR SAFEGUARDING OFFERING ONLINE TRAINING TO KEEP OUR PARISHES SAFE.

The Office for Safeguarding is providing an opportunity for all of us to develop our awareness and skills in ensuring our parishes are safe and welcoming places for all. The team are currently offering accompanied online training courses

throughout September and October. If you are interested or have any questions about the Safeguarding Training, please email our Safeguarding office on [safeguardingtraining@parracatholic.org](mailto:safeguardingtraining@parracatholic.org) or [maria.kervin@parracatholic.org](mailto:maria.kervin@parracatholic.org).

### Positions Vacant:

- Human Resources Partner – Catholic Diocese of Parramatta Services Limited, Diocese of Parramatta
- Human Resources Manager – Catholic Diocese of Parramatta Services Limited, Diocese of Parramatta
- Accountant (General)/Analyst – Diocese of Parramatta – Applications close 10pm Sunday 26 September
- Digital Content Creator – Diocese of Parramatta – Applications close 10pm Monday 4 October

More details at: [parracatholic.org/employment](http://parracatholic.org/employment)

### PRAYER OF PETITION

O Jesus, grant to me and those I love as well as to all the faithful the grace of eternal salvation through your holy name.  
Bestow on us a most ardent love for you that will imprint your sacred name upon our hearts.  
May it be always in our minds and frequently on our lips, that it may be our defense in temptation, our refuge in danger, and our consolation and support in the hour of our death.  
Amen.

### YOUNG PEOPLE OF THE DIOCESE -WE ARE WITH YOU

"I am with you always" – Matthew 28:20. The Diocese has launched a new website in response to the mental health crisis impacting our young people. The website [parracatholic.org/withyou](http://parracatholic.org/withyou) contains links and information about services that can help young people whose wellbeing is suffering. Please share widely with young people and their families.

### CARITAS AUSTRALIA RESPONDS TO HUMANITARIAN CRISES IN AFGHANISTAN AND LEBANON

In Afghanistan, people have been forced from their homes, with half of the population in urgent need of food, water, shelter and protection. In Lebanon, the country is running out of power, water, fuel, medicine and food. Please donate to Caritas Australia respond to crises like these by visiting [caritas.org.au/lebanon](http://caritas.org.au/lebanon) or [www.caritas.org.au/afghanistan](http://www.caritas.org.au/afghanistan) or call 1800 024 413 toll-free to provide much needed support.

### THE GLOBAL FOUNDATION ROAD TO ASSISI

#### ROUNDTABLE: 21 October

You are invited to The Global Foundation's upcoming 'Road to Assisi' Roundtable, which will be held online on Thursday 21 October from 5pm to 7pm AEST. Hosted by Fr Frank Brennan SJ, the roundtable will speak on climate change and will focus on practical actions which may be undertaken by those taking part. For more information, and to register by 11 October, please contact [sg@globalfoundation.org.au](mailto:sg@globalfoundation.org.au)

### ST VINCENT DE PAUL ROSALIE RENDU FORUM:

**21 October** You are invited to the St Vincent de Paul Society's annual Rosalie Rendu Forum, which will be held online on Thursday 21 October from 6pm to 7.30pm. This year's Forum will explore the intersections between gender, poverty and domestic and family violence, as there are rising concerns of a shadow pandemic of domestic and family violence. Bookings are essential and early RSVP is recommended. Register by Monday 18 October by visiting <https://bit.ly/RosalieRendu2021>

### UPDATE: SOCIAL JUSTICE COVID-19 Food and Toiletries Drive

During lockdown, Jesuit Refugee Service (JRS) and House of Welcome (HoW) cannot receive physical food and toiletry donations. However, many refugee families are still relying on their foodbanks or the provision of food vouchers. In this difficult time, please support JRS and HoW with a cash donation if you can. Find more information at [parracatholic.org/diocesanfooddrive](http://parracatholic.org/diocesanfooddrive) or call JRS on (02) 9356 3888 or HoW on (02) 9727 9290.



### VINNIES SUPPORT CENTRE ARE STILL AVAILABLE TO THOSE IN NEED

St Vincent de Paul Support Centres across Greater Sydney are still available and taking calls to arrange for food vouchers or other items to be provided to those in need. If you need assistance, call the Support Centres in Blacktown on (02) 8861 9777, Harris Park on (02) 8861 9757 and Penrith on (02) 8861 9770. To find out more about what support is available, visit <http://vinnies.org.au/covidsupportnsw>