

The Kids' Bulletin

First Sunday of Lent
February 26th, 2023

What Happens in Lent?

In today's Gospel story, Jesus goes out into the desert to fast and pray for forty days. In the forty days of Lent, the Church asks us to fast, give alms, and pray.



In Lent we don't eat meat on Fridays. Many people give up things like candy or dessert for all of Lent. When we give up food that we like, it reminds us that food isn't the only thing we need- we need God too!

Giving alms means giving money or things to the poor or the Church. God lets there be people who need our help so that we can become better by helping them!

The third thing that we should do in Lent is praying. You could say an extra prayer every day- maybe an "Our Father" or a "Hail Mary" when you wake up or before you go to bed. Another good idea is reading a bit from the Bible, because when we read the Bible we let God speak to us.

What are some little things you could do for Lent? Try to do things that will help you think a bit more about God every day.



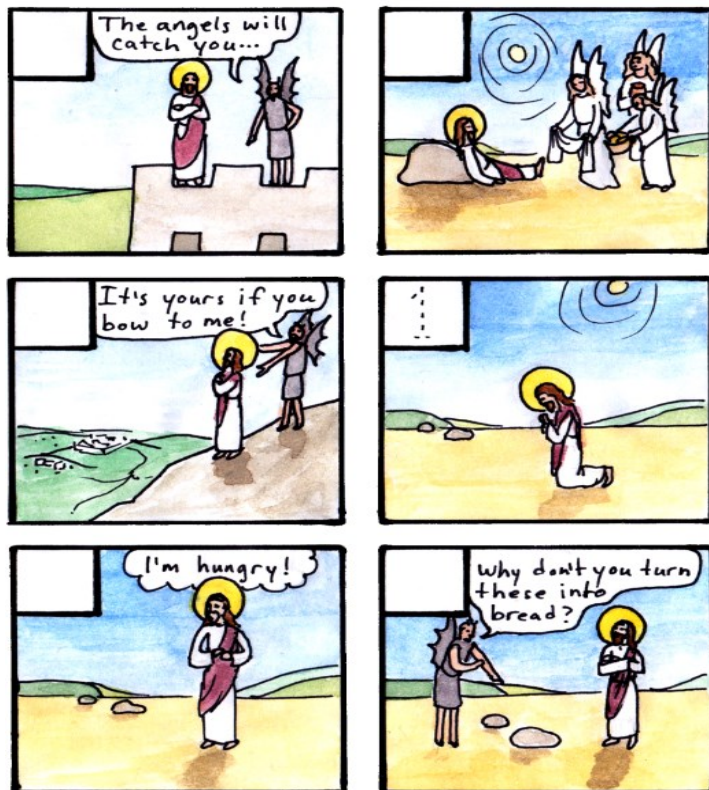
Answers to picture puzzle inside:
top: 4, 6, middle: 5, 1, bottom: 2, 3.

www.thekidsbulletin.com

Sort the Story!

What happened when Jesus had prayed and fasted for forty days in the desert?

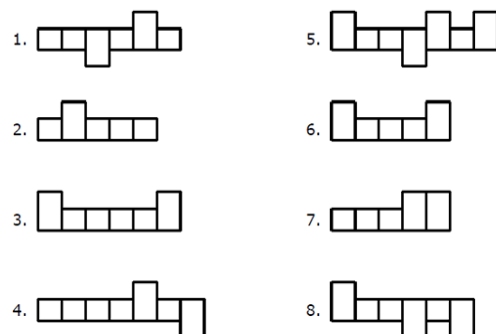
See if you can sort out the order of these pictures. Write 1 on the first, 2 on the second, and so on.



The Temptation of Jesus
Word Shape

The Temptation of Jesus

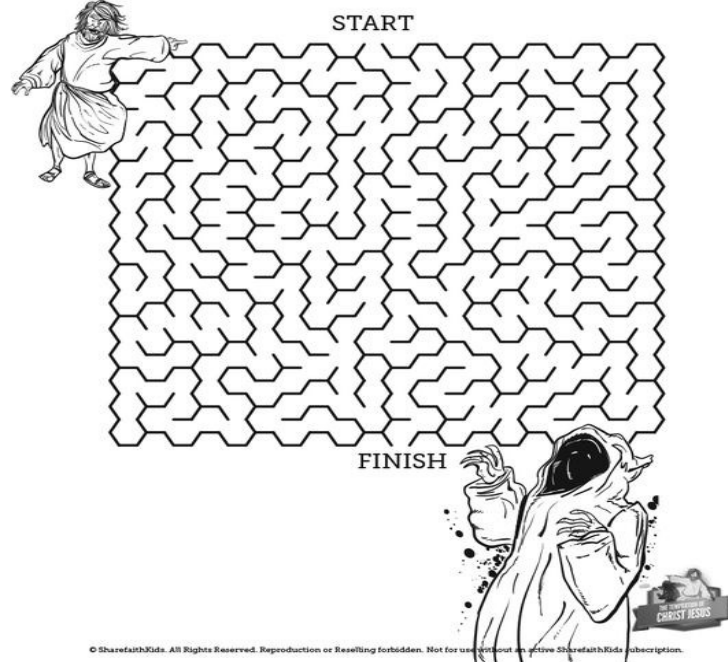
Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. Luke 4:1-2a (NIV)
Enter the correct words in the boxes based on the shape of the letters.



desert tempted	hungry stone	bread worship	world angels
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THE TEMPTATION OF CHRIST JESUS

Help Jesus pass all of Satan's tests and rebuke him.



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T	S	E	N	O	T	S	E	S	E	WILDERNESS
E	T	H	U	N	G	R	Y	S	T	TEMPTED
Y	T	R	O	F	A	S	T	E	D	DEVIL
P	S	L	E	G	N	A	S	N	E	FASTED
L	I	A	N	T	A	S	E	R	V	FORTY
I	L	H	D	E	T	P	M	E	T	HUNGRY
V	D	I	S	T	A	L	F	D	I	STONES
E	V	I	L	R	S	O	T	L	L	LOAVES
D	S	E	V	A	O	L	O	I	E	ANGELS
T	P	M	E	T	E	W	O	W	L	FOOT
										SATAN
										WORSHIP



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@olol7hills.com.au

Parish Priest: Fr Henry Huu Duc Tran

Parish Office Team: Rosie Sadipoor
Jane Nguyen
Kim Dang

Sacrament Co-Ordinator: Mrs Artelle Lenthall

Office Hours: Monday-Friday: 9am - 3.00pm
WEEKDAY MASS: Tues, Wed, Fri. 8.00am
Thursday 9.00am

WEEKEND MASS: Saturday Vigil 6pm
Sunday 8am & 9.30am

Parish School: OLOL 8869 6800

Principal: Ms Keiran Byrnes

Reconciliation: Saturday 4:30-5:30pm

Baptismal Preparation: 19th April 2023

Baptism: 23rd April 2023

Parish Website: www.olol7hills.com.au

Pastoral Care of the Sick: Sandy Manamperi
0480 266 339

Facebook <https://www.facebook.com/OLOL7Hills/>

FIRST SUNDAY OF LENT 26th February 2023 • Year A



Let us Pray for the Sick



Leonila Ahillon, George Alagiah, Neil Amaratunga, Mamerto Angele, Mary Attard, Cynthia Avery, Rosenda Bolano, Barrie Chamberlain, Rosella Booth, Anthony Janicska, John Glover, Blago Milicevic, William Orley, Sr Colleen O'Sullivan RSJ, Debra Price, Camy Ratnam, Pummalin Sumcad, Sue Tipaldo, Natalie Woodward.

If you would like to add to our Sick List or know of any Parishioner who is unwell please contact Father Henry or email the Parish office: secretary@olol7hills.com.au We can also arrange for Holy Communion or a visit if required.

Let us Pray for the Deceased

Recently Deceased: Agnes Bonello, Bonosa Enfesta, John & William Formosa, Ranjan Fernando, Charlie Gauci, Maria Garufo, Desmond Grogan, Estelle Hardwick, Paiboon Pundmand, Judie Ranasinghe, Lucia Yap Ong

Anniversaries: Fredy Alphonse, Michelle Azzopardi, Carmen Attard, Romeo Biniahan, Charlie Chircop, Sam Debatatta, Sylvia Debatatta, Antonia, Jim & Loui Dequala, Melvyn Fernandes, E. Franklin, Sheela Franklin, Emilia Galea, Sam & Mary Gardia, Jean Garrick, Elsie Garrick, Karl Garrick, Christine Gomez, Charlie Gravina, Chinedu Joseph & Family, Harold Lafleur, Thomas Jnr Morrissey, Thelma Morrissey, Stephen & Louis Mula, Jim & Philippa Muscat, Alberto Nahoy, Sashin Patrick, Mile Perak, Cornelio & Iluminada Rondario, Vivian Silva, Rosary Silva, Pauline & Santan Soares, Shane Vaz, Jim Vella,

Remembrance: France Angseeing, Roy, Mary & Des Barney, Sam Borg, Lina Cabaero, Dennis Clarke, Conception, Dominic & Monica D'Souza, Peter Diab, Bebe Diab, Cini & Mangion Family, M.A Fernando, Zaren & Sam Formosa, Gerard Marcello, Pauline Meilak, Mary Mifsud, Marcel Mohsen, Anton & Lourda Motha, Muscat Family, Josephine & Charles Muscat, Mary Muscat, Francis Muscat, Adrian Pereira, John & Rosaline Ratnam, Rodrigues Family, Sem Serna, Debe Toufic, Jim Vella, Hector & Rita Welgampola

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.

COVID- 19 UPDATE



FACE MASKS
ENCOURAGED

• **MASKS:** are no longer mandatory but still **encouraged**

As previously communicated, density limits are no longer applicable for our Churches and other buildings within the Parish since Dec'2021.

HOWEVER OUR SAFETY PLAN STILL RECOMMENDS SOCIAL DISTANCING WHERE POSSIBLE.

PLEASE DO NOT ATTEND IF YOU ARE EXPERIENCING ANY FLU LIKE SYMPTOMS.
Please Help Us Keep Our Community Safe.

REGULAR COLLECTIONS - First and Second



FIRST COLLECTION and Matt's Point is for the support of Priests throughout the Diocese.

ON-LINE BANK DONATIONS

Account name: Parramatta Diocesan Clergy
BSB: 067 950
ACC: 00 00 4265
Reference: Seven Hills - 6035



SECOND COLLECTION or Planned Giving Program

On behalf of the Parish Community, I would like to thank you very much for your ongoing support, which has been absolutely vital in keeping 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 for a one off donation, 'DONATION')

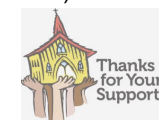
IN-PERSON BANK DEPOSIT (at a Bank Inst / Branch)

Account Name: Seven Hills Catholic Church

BSB: 062 315

ACC ID #: 00901486

AGENT #: 660



All are welcome to join us for **Our Lady of Lourdes, Seven Hills, Sydney, NSW, Australia Facebook LIVE-STREAM WEEKEND MASS** celebrated by **Fr. Henry Huu Duc Tran on Saturdays 6PM (Vigil), <https://www.facebook.com/OLOL7Hills/>**

FIRST READING

A reading from the book of Genesis 2:7-9, 3:1-7

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden. The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, ‘Did God really say you were not to eat from any of the trees in the garden?’ The woman answered the serpent, We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, “You must not eat it, nor touch it, under pain of death.” Then the serpent said to the women, ‘No! You will not die!’ God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.’ The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin– cloths.

The Word of the Lord.

RESPONSORIAL PSALM

(R.) Be merciful, O Lord, for we have sinned.	A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. (R.)
Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. (R.)	
My Offences truly I know them; my sin is always before me. Against you, you alone have I sinned; what is evil in your sight I have done. (R.)	Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. (R.)

SECOND READING

A reading from the first letter of St Paul to the Romans 5:12-19

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of ‘law-breaking,’ yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law. Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man’s fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man’s sin: for after one single fall came judgment with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man’s fall, it is even more certain that one man Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man’s fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man’s disobedience many were made sinners, so by one man’s obedience many will be made righteous.

The word of the Lord.

GOSPEL ACCLAMATION

Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone,
but on every word that comes from the mouth of God.
Praise to you, Lord Jesus Christ, king of endless glory!

GOSPEL

A reading from the holy Gospel according to Matthew 4:1-11

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, ‘If you are the Son of God, tell these stones to turn into loaves.’ But he replied, ‘Scripture says: Man does not live on bread alone but on every word that comes from the mouth of God.’ The devil then took him to the holy city and made him stand on the parapet of the Temple. ‘If you are the Son of God’ he said ‘throw yourself down; for scripture says: He will put you in his angels’ charge, and they will support you on their hands in case you hurt your foot against a stone.’ Jesus said to him, ‘Scripture also says: You must not put the Lord your God to the test.’ Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. ‘I will give you all these’, he said ‘if you fall at my feet and worship me.’ Then Jesus replied, ‘Be off, Satan! For scripture says: You must worship the Lord your God, and serve him alone.’ Then the devil left him, and angels appeared and looked after him.

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

GENERAL NOTICES...

NEW TO OUR LADY OF LOURDES? HOW CAN WE SERVE YOU?

Welcome. Wherever you are in your faith journey, it is great to have you. Please visit our website or call the parish office. We’re here to serve you.
www.olol7hills.org.au

FOLLOW US ON FACEBOOK <https://www.facebook.com/OLOL7Hills/>



LOURDES OVER 50s GROUP

Over 50s Meeting Thursday 9th March 10.30am-1pm.
Please bring a plate for a shared lunch.
Look forward to seeing you there.

SICK AND/OR HOMEBOUND?

Would you like to receive Communion? Or seriously ill or in danger of death? We have dedicated ministers who can visit and bring you communion. Feel free to approach or call Fr Henry for the Holy Anointing of the Sick. Please call the parish office 96222920

FUNERALS

When a Funeral is to be celebrated, please contact Fr. Henry before contacting the Funeral Home. Funerals are not permitted on Sundays or Holy Days of Obligation.

BAPTISM

Parents desiring Baptism for their children are encouraged to contact the parish office to arrange for the required preparation class for parents.

MASS INTENTIONS

All Mass intentions must be submitted to the Parish Office on or before Thursday

YOUNG ADULTS GROUP

Meet the second Friday of every month in the Parish Hall at 7pm For more information contact Ian Epondulan: youtholol7h@gmail.com

LEGION OF MARY

Thursdays at 1.30pm in the Parish Meeting Room. All Welcome

Christ Community Prayer Group

Thursdays at 9.30am in the Parish Meeting Room. All Welcome

UPCOMING COMMUNITY NOTICE

A concert will be held at Wentworthville Leagues Club at 2pm on Sunday 19th March. It will consist of two singers from Malta, Rock & Roll dancers and a skit by the Cittadini group. Come and enjoy the afternoon!
For tickets \$25 ring Monica Ledger on 0414859386, or Charles N Mifsud on 0421662298.

VINNIES SUPPORT CENTRES 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>

OLOL PARISH CALENDAR		
FEBRUARY 2023		
25	Sacramental Meeting (RPT)	4.30pm
27	Over 50's Bus Trip	9.00am
27	Social Justice SA	9.00am
MARCH 2023		
1	Sacramental Meeting	6.30pm
4	Parish Retreat	9.30am
4	Sacramental Meeting (RPT)	4.30pm
6	Social Justice SA	9.00am
9	Lourdes Over 50's Meeting	10.30am
10	Catholic Schools Week Mass	9.15am

OLOL MINISTRY ROSTER

Acolytes, Ministers, Readers and Altar Servers, please remember to arrive 15 minutes before the beginning of Mass.

25/26 February 2023

Acolytes	Vigil: Abel Do Rosario 8am: Jerome Irudayaraj 9.30am Sandy Manamperi
Ministers	Vigil: M.Mifsud, R.Soares 8am: F.Balatbat, Eugene Mui 9.30am: C.Gonzales, H.Gonzales
Readers	Vigil: Noreen Do Rosario, Catherine Rodrigues 8am: M. Santos, K.Walker 9.30am I.Epondulan, K.Huihui
Altar Servers	Vigil: D. Sant, J. Sant 8am: VOLUNTEERS 9.30am C. Attard, M.Pieris
Morning tea (after 9.30am Mass)	Couples for Christ
Flowers	Annette & Mary B
Church cleaning	22 Feb Jessie Borg Anne McNally
Welcomers	Vigil: VOLUNTEER 8am: VOLUNTEER 9.30am: Lena Falzon

4/5 March 2023

Acolytes	Vigil: Frank Paiva 8am: Terry Jordan 9.30am Fayelene Kennedy
Ministers	Vigil: C.Gonzales, H.Gonzales 8am: VOLUNTEERS 9.30am: B. Chandler, Paul Gow
Readers	Vigil: A.Punch, M, Simic 8am: N. Arambulo, P.Ferriols 9.30am C.Diaz, R.Epondulan
Altar Servers	Vigil: Amelia Laus, Lucas Laus 8am: VOLUNTEERS 9.30am S.Culili, F.Wanandy
Morning tea (after 9.30am Mass)	Tongan Choir
Flowers	Fenty, Gaby, Flo & Liz
Church cleaning	2 March Beth Paiva Lourdes Spiteri
Welcomers	Vigil: Judith Deloso 8am: Joyce Hillbrick 9.30am: Kathy Chamberlain

BECOME A CATECHIST AN SRE VOLUNTEER!

SRE's are parish volunteers who:
• Teach and share their faith with children of their parish who attend government schools;
• Have a passion for sharing the gift of faith with young people;
• Have an hour per week to prepare and share their time and talents with young people;
• Are people who respond to the central mission of the Church to make Jesus known and loved.
• OLOL SRE's go into Seven Hills, Seven Hills North, Bert Oldfield, Vardys Road State primary schools and The Hills Sports High School.
• **New volunteers SRE's will be given support, training, teaching materials and will start as a classroom helper.** For further enquiries please contact Sandy in the parish office. 96222920

POPE FRANCIS AT ANGELUS: STRIKE FOR THE EXTRAORDINARY *By Deborah Castellano Lubov*

Do not be complacent, but, like Jesus, always strive to do the 'extraordinary.'

Pope Francis made this exhortation during his Sunday Angelus, as he addressed the thousands of faithful and visitors gathered in St. Peter's Square at midday on Sunday. The Pope began by observing that Jesus' words to us in the day's Gospel reading according to St. Matthew, are "demanding" and "seem paradoxical," as the Lord invites faithful to turn the other cheek and love their enemies. It is normal for us to love those who love us, and be friends with those who are friends with us, "yet," Pope Francis highlighted, "Jesus provokes us by saying: if you act in this way, 'what extraordinary thing do you do?'" *"What do you do that is extraordinary? This is the point to which I would like to draw your attention today."* "Extraordinary," the Pope said, is that which goes beyond the limits of the usual, and exceeds usual practices and normal calculations, "dictated by prudence."

The 'extraordinary' is required Generally speaking, the Holy Father observed, we try to have everything in order and under control, so that it corresponds to our expectations. The Lord, however, the Pope said, "warns us that this is not enough." *"If we remain in the ordinary, in the balance between giving and receiving, things do not change. If God were to follow this logic, we would have no hope of salvation! But, fortunately for us, God's love is always 'extraordinary.'* "God's love, he highlighted, "goes beyond the usual criteria by which we humans live our relationships."

Loving us to the end Jesus' words, the Pope went on to say, challenge us. While we try to remain "in the ordinary of utilitarian reasoning," Pope Francis said, Christ asks us to open ourselves to the extraordinary of a gratuitous love. While we are always trying "to get even," he continued, Christ encourages us "to live the unbalance of love." *"Let us not marvel at this. If God had not unbalanced Himself, we would never have been saved: Jesus would not have come looking for us while we were lost and far away."* Jesus, he continued, "would not have loved us to the end," "embraced the Cross for us," who did not deserve this, and "could not give Him anything in return."

Mary's 'yes' to God The Lord, he pointed out, invites us not to respond to evil with evil, but "to dare in the good," "risk in the gift," "even if we receive little or nothing in return." This, he said, is the key for slowly transforming conflicts, shortening distances, and overcoming enmities and hatred. *"We can ask ourselves: do I, in my life, follow the logic of return or that of gratuitousness?"* The extraordinary love of Christ, he observed, is not easy, but is possible. Pope Francis concluded by inviting faithful to pray to Our Lady, "who by answering God her 'yes' without calculation," "allowed Him to make her the masterpiece of His Grace."

POPE FRANCIS ABOUT TECHNOLOGY *By Lisa Zengarini*

The impact of technological advances on human living conditions

The first challenge is the rapid change brought by technological progress in humanity's living conditions. Indeed, the Pope noted, the "strength and acceleration" of these advances are having an unprecedented impact on the environment and on human living conditions, "with effects and developments that are not always clear and predictable", as shown by the multiple crises the world is facing today, from the pandemic to the energy crisis, from climate change to migration. Therefore, "healthy technological development cannot fail to take this complex interweaving into account".

Technology cannot replace human contact and must not forget the vulnerable

The second challenge is the impact of new technologies on the definitions of "humanity" and "relationship", especially with regard to the condition of vulnerable individuals. Noting that the technological form of human experience is becoming ever more "pervasive", Pope Francis stressed the need for "a serious reflection on the very value of humanity", and in particular to "reaffirm the importance of the concept of personal conscience as a relational experience, which cannot disregard either corporality or culture." *"In the network of relationships, both subjective and community, technology cannot replace human contact, the virtual cannot replace the real and neither can social media replace the social sphere."* The Pope went on to remark that even within scientific research processes, the relationship between the person and the community signals "increasingly complex ethical implications", for example in the health sector, where he highlighted the urgent need to guarantee equal access to care "especially for the most fragile persons such as the disabled, the sick and the poor."

Technology and cultures

This is why, he said, it is important "to monitor the speed of transformations, the interaction between changes and the possibility of guaranteeing an overall balance", also keeping in mind that this balance is different in different cultures. *"(Efforts) should be aimed at making sure that everyone grows with the style that is peculiar to them, developing their ability to innovate starting from the values of their own culture."*

Role of religions

Pope Francis also highlighted the crucial contribution religious traditions can give to this dialogue, noting that their ancient wisdom "can help in these processes." Concluding, Pope Francis encouraged the Pontifical Academy for Life to continue its commitment to ensure that "scientific and technological growth is increasingly reconciled with a parallel development of the human being", insisting on the importance of "trans-disciplinary dialogue and collaboration" to address these complex issues.

POPE FRANCIS CLARIFIES TWO POINTS OF 'TRADITIONIS CUSTODES' *By Vatican News*

Pope Francis has unequivocally reiterated two precise points of *Traditionis custodes*. The motu proprio was released in July 2021, and redefined the norms regarding the use of the 1962 Roman Missal by restoring authority over these celebrations to the bishops. The Pope made the clarifications in a rescript issued on Tuesday, following a private audience on Monday with the Prefect of the Dicastery for Divine Worship and the Discipline of the Sacraments, Cardinal Arthur Roche.

Authority of Apostolic See The two points addressed have been subject to various interpretations and recent discussions, including in the media. These concern the use of parish churches and the possibility of establishing personal parishes for groups celebrating according to the 1962 Missal, promulgated by Pope John XXIII before the Second Vatican Council; and the use of the 1962 Missal by priests who were ordained after 16 July 2021, in other words after the publication of the motu proprio. In his rescript, the Pope reaffirmed the text of *Traditionis custodes*, explaining that the document was already sufficiently clear regarding these points. The relevant permissions fall under the authority of the local Bishop, who must seek authorization from the Dicastery for Divine Worship before issuing a decision. According to the motu proprio, this step exercises the authority of the Holy See in the matter. The Dicastery, therefore, will decide whether or not to allow the diocesan ordinary to permit the request, depending on the circumstances. Finally, Pope Francis' rescript published on Tuesday "confirms what was established" in the responses to the *dubia* which had emerged after the publication of *Traditionis custodes*. Those responses were published along with several explanatory notes on 4 December 2021.



FROM FR. HENRY DUC

Dear Friends,
No matter who we are, young or old, rich or poor, healthy or sick, ordinary people or clergy, we all have to face temptations in our everyday lives. It is true to say that temptations are apart of our human life, since none of us can run away from it. I remember quite a few years ago, one of our elderly parishioners who is no longer with us tell me every time I called in for her monthly anointing of the sick and Holy Communion that 'I wish the Lord soon let me go away, for I can't stand my miserable condition anymore.' In reply, I tried to comfort her, 'I know you've got sick of it. However, I hope you remember that our lives are in God's hand, and your time hasn't come yet, and you got to carry the cross of your sickness till whenever he wants you.

Try to turn your cross into a weapon to win you eternity.' Obviously the lady was tempted to run away from the issue, which was the unbearable sickness and pain she had to carry.

All of us should feel good this week when we listen to the Gospel account for this first Sunday of Lent, since it reminds us that even the Son of God cannot run away from the devil's efforts to make him succumb before the lure of temptations he kept throwing at him, not once or twice but three times. The first time the devil utilizes food as a bait to hook Jesus simply hungry and tired after 40 days and nights of fasting and praying into using his divine power to make bread for himself from the stones; the second time he took Jesus up to the parapet of the temple and encouraged him to jump down as a way to show off his ever self-protective power; and the third time he brought Jesus to the top of the mountain to see all the beauty and the glory of the whole world with the promise of the world's ownership in exchange for a recognition of the devil. Symbolically these temptations Jesus had to go through tend to remind us of the common areas each of us often encounter with temptations in our daily lives, naming: excessive consumption of food and drink, thirst for power and love of vanity. Most significantly, despite those bold and cunning attempts from the devil to take him down, Jesus stood his ground and firmly said no to his tempter every time and forced the devil to give up and leave him at the end. Let us pray today (1) for the wisdom to help us remain conscious of the constant threats of temptations always lurking around us and looking for opportunity to strike, and (2) for the grace to help us keep an upper hand whenever we are tempted, so that we always come out of our temptations as victors like Jesus.

Have a stronger God-trusting week,
Fr Henry

PARISH NEWS...

PARISH LENTEN RETREAT: Saturday 4th March

After a long break due to Covid, we are blessed to have our Parish Lenten retreat back this year, and Fr David Orr OSB accepted my invitation on behalf of the parish to come and lead us for the retreat on Saturday 4th March from 9.30am to 3pm. Fr David has been an expert in liturgy and was involved in the Beatification Mass for Mary MacKillop on January 19, 1995, and I was fortunate to have him as my lecturer during my student days.

Stations of the Cross

Every Friday during LENT.
February at 7.30pm.



LOURDES OVER 50s GROUP BUS TRIP

For those booked on the bus trip Monday 27th February, please be at the Parish Hall by 8.45am for a 9.00am departure. If you require further information, please kindly contact John Lyons on 0402 260 856

		Lent lasts 40 days (excluding Sundays)	
			The three pillars of Lent are: prayer, fasting and almsgiving.
			Ash Wednesday and Good Friday are days of fasting (one primary meal and two lesser meals) and abstinence from meat.
		All Fridays in Lent are days of abstinence from meat.	



Innovative learning in a changing world

Enrolling Now

OUR LADY
of LOURDES
SEVEN HILLS

OPEN DAYS

6 March 2023 6:00pm - 7:30pm

8 March 2023 6:00pm - 7:30pm

**Evolutionary Spirituality
Retreat: 3 – 5 March**

The Social Justice group of Our Lady of Lourdes Parish, invite you to an evolutionary spirituality retreat from Friday 3 March at 7pm to Sunday 5 March at 2pm at the Guntawang Environmental Bushland Retreat at Oakdale. During the weekend there will be times of reflection, dialogue and encounters within natural bushland. Registration is \$95 for the whole weekend. To RSVP, please contact - antiphon1@outlook.com or socialjustice@olol7hills.com.au or phone 0429 595 231.

Social Justice. We Need YOU and your friends for 2 hours **6:15pm-8:15pm** (arrival from 5:30pm) **Tuesday 28 February** at Sydney Alliance Assembly, Morley Centre, 2 Darcy Road, Westmead. Bishop Vincent will be attending. This is a rare opportunity to pressure and persuade NSW politicians to act on the common good agenda of united civil society. Mark the date or even better register at <https://events.humanitix.com/sydney-alliance-nsw-election-assembly-february-28> (Organisation: Catholic Diocese of Parramatta). Contact Terry for more information on 0409373715 or socialjustice@olol7hills.com.au **The issues:** cost of living, climate change, affordable and renewable energy, affordable and social housing, and fair renting reforms (including removing no-grounds eviction and climate-proofing rental properties)

Sydney Alliance NSW Election Assembly: 28 February
Join Bishop Vincent Long and people from across the Diocese to participate in a NSW Election Assembly with NSW Treasurer Matt Kean (LIB), Shadow Treasurer Daniel Mookhey (ALP) and representatives of the crossbench. The assembly will focus on social justice issues like housing, climate and cost of living. The assembly will be held on Tuesday 28 February from 6:15pm – 8:15pm at the Morley Centre, 2 Darcy Rd, Westmead. Please register at <https://bit.ly/nswelectionassembly>.

MET – Worship Celebrating Holy Week Seminar: 4 March
The MET - Worship team are organising a seminar for acolytes and ministers at the altar (senior servers) in preparation for the celebration of Holy Week. Presented by liturgist Chris Ohlsen, the session will be held on Saturday 4 March from 9.30am to 3pm at the Bishop Bede Heather Centre, 1-5 Marion St Blacktown. Refreshments and lunch will be provided. To RSVP by 28 February, please contact mary.gale@parracatholic.org or phone (02) 8838 3456.

Clean up Diocese of Parramatta Day: 5 March
Catholic Youth Parramatta and MET – Peace, Justice and Ecology invite you to take action! On Clean Up Australia Day, Sunday 5 March, witness to the call to take care of God’s creation. Join or organise a group to clean up a site in your local area. Express your interest today by visiting <https://parracatholic.org/cleanup/>

MET Worship Music for Pascal Triduum Workshop: 7 March
Musicians and liturgy planners are invited to attend an evening exploring music for the Pascal Triduum Tuesday 7 March from 7pm to 9pm at the Bishop Bede Heather Centre, Blacktown. The session will be presented by Eric Grella, Music Formation Facilitator, MET, and Assistant Music Director at St Patrick’s Cathedral, Parramatta. To RSVP by 2 March, please contact hannah.portelli@parracatholic.org or call 0460 037 795.

Process & significance of the change to the Constitution & the Voice to Parliament CCJP Seminar with Patricia Anderson AO. Pat Anderson is an Alyawarre woman known nationally and internationally as an advocate for the rights and health of Aboriginal and Torres Strait Islander people. Ms Anderson is Chair of the Lowitja Institute and has extensive experience in Aboriginal health, including community development, policy formation and research ethics. She was appointed an Officer of the Order of Australia (AO) in 2014 for distinguished service to the Indigenous community as a social justice advocate, particularly through promoting improved health, and educational and protection outcomes for children. Ms Anderson was Co-Chair of the Referendum Council that released its final report in 2017 and has since led the work of the Uluru Dialogue in partnership with the ILC UNSW. Pat will speak on the process & significance of the change to the Constitution & the Voice to Parliament. Thursday 23 February, 4pm –6pm, Convent of Mercy, 6 Victoria Rd, Parramatta, No cost, and refreshments provided. For more information, RSVP and flyer, click http://www.ccjpoz.org/templates/ccj/page/page_html_standard.php?secID=50.

Jesuit Social Services’ 2023 Annual Dinner: 25 March
Jesuit Social Services invites you to join them at their 2023 Annual Dinner on 25 March at Q Events, 123 Queen Street, Melbourne. Be sure to book soon to avoid missing out on hearing about our work, as well as an evening of great food, wine, auctions, raffles, entertainment and catching up with old friends. Tickets are \$230 - tables of 10 are available. To book, visit jesuit.social/2023dinner

Positions Vacant:
OLQP Parish Greystanes - 1. Maintenance / 2. Cleaning
Two employed roles are available, each 8-10 hours, or the possibility of combining both roles.
Role 1. Maintenance and improvement works in the buildings and grounds – Requires proven handy-person skills with trade experience or equivalent.
Role 2. Cleaning and hygiene care for offices, bathrooms and meeting areas – Requires practical experience and pride in work.
Successful applicants will work closely united with the parish team. Role descriptions available.
Please contact Christine via 96318135 or parishoffice@olqp.org.au





Enrolments are still open for Semester 1 at Catholic Theological College.

We have many areas of study that may be of interest such as *John Henry Newman and the Church in the Nineteenth Century, Pastoral Leadership for a Safe Church and many online options*

For more information contact: registrar@ctc.edu.au or visit ctc.edu.au



First Sunday of Lent
25 & 26 February

After losing her father when she was just 10-years-old, Laxmi was at risk of falling further into extreme poverty. But with the support of our partner Caritas Nepal, Laxmi joined a child's club, became a leader in her school and is now a mentor to other children in her village.



Please donate to Project Compassion 2023.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow *For All Future Generations.*

You can donate through Project Compassion donation boxes/envelopes available from your parish, by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.



POPE FRANCIS’ CATECHESIS ON THE PASSION OF EVANGELIZATION:
The apostolic zeal of the believer. 3. Jesus teacher of proclamation

Dear brothers and sisters, good morning! Last Wednesday we reflected on Jesus model of proclamation, on his pastoral heart always reaching out to others. Today we look to Him as a teacher of proclamation. Model of proclamation. Today, the teacher of proclamation let us be guided by the episode in which He preaches in the synagogue of His village, Nazareth. Jesus reads a passage from the prophet Isaiah (cf. 61:1-2) and then surprises everyone with a very short “sermon” of just one sentence, just one sentence. And He speaks thus, “Today this scripture has been fulfilled in your hearing.” (Lk. 4:21). This was Jesus’ sermon: “Today this scripture has been fulfilled in your hearing”. This means that for Jesus that prophetic passage contains the essence of what He wants to say about Himself. So, whenever we talk about Jesus, we should go back to that first announcement of His. Let us see, then, what this first announcement consists of. Five essential elements can be identified. The first element is joy. Jesus proclaims, “The Spirit of the Lord is upon Me; He has anointed Me to preach good news to the poor” (v. 18), that is, a proclamation of gladness, of joy. Good news: one cannot speak of Jesus without joy, because faith is a wonderful love story to be shared. Bearing witness to Jesus, doing something for others in His name, is like saying “between the lines” of one’s life, that one has received so beautiful a gift that no words suffice to express it. Instead, when joy is lacking, the Gospel does not come through, because – as the word themselves suggests, it’s the very meaning of the word – is good news, and “Gospel” means “good news,” a proclamation of joy. A sad Christian can talk about beautiful things, but it is all in vain if the news he conveys is not joyful. A thinker once said, “A Christian who is sad is a sad Christian.” Don’t forget this. We come to the second aspect: deliverance. Jesus says He was sent “to proclaim release to the captives” This means that one who proclaims God cannot proselytize, no, cannot pressure others, no, but relieve them: not impose burdens, but take them away; bearing peace, not bearing guilt. Of course, following Jesus involves asceticism, involves sacrifices; after all, if every good thing requires these things, how much more the decisive reality of life! However, those who witness to Christ show the beauty of the goal rather than the toil of the journey. We may have happened to tell someone about a beautiful trip we took: for example, we would have spoken about the beauty of the places, what we saw and experienced, not about the time to get there and the queues at the airport, no! So, any announcement worthy of the Redeemer must communicate liberation. Like that of Jesus. Today there is joy, because I have come to liberate. The third aspect: light. Jesus says He came to bring “sight to the blind” (ibid.). It is striking that throughout the Bible, before Christ, the healing of a blind man never appears, never. It was indeed a promised sign that would come with the Messiah. But here it is not just about physical sight, but a light that makes one see life in a new way. There is a “coming into the light,” a rebirth that happens only with Jesus. If we think about it, that is how Christian life began for us: with Baptism, which in ancient times was called precisely “enlightenment.” And what light does Jesus give us? He brings us the light of sonship: He is the beloved Son of the Father, living forever; with Him we too are children of God loved forever, despite our mistakes and faults. So life is no longer a blind advance toward nothingness, no; it is not a matter of fate or luck, no. It is not something that depends on chance or the stars, no, or even on health or finances, no. Life depends on love, on the love of the Father, Who cares for us, His beloved children. How wonderful to share this light with others! Has it occurred to you that the life of each of us – my life, your life, our life – is an act of love? And an invitation to love? This is wonderful! But so many times we forget this, in the face of difficulties, in the face of bad news, even in the face of – and this is bad – worldliness, the worldly way of life. The fourth aspect of the proclamation: healing. Jesus says He came “to set at liberty those who are oppressed” (ibid.). The oppressed are those who feel crushed by something that happens: sickness, labors, burdens on the heart, guilt, mistakes, vices, sins. Oppressed by this. Let us think of the sense of guilt, for example. How many of us have suffered this? We think a little bit about the sense of guilt for this or that. What is oppressing us above all is precisely that evil that no medicine or human remedy can heal: sin. And if someone has a sense of guilt for something they have done, and that feels bad. But the good news is that with Jesus, this ancient evil, sin, which seems invincible, no longer has the last word. I can sin because I am weak. Each of us can do it, but that is not the last word. The last word is Jesus’ outstretched hand that lifts you up from sin. “And Father, when does he do this? Once?” No. “Twice?” No. “Three times?” No. Always. Whenever you are sick, the Lord always has His hand outstretched. Only He wants us (to) hold on and let Him carry you. The good news is that with Jesus this ancient evil no longer has the last word: the last word is Jesus’ outstretched hand that carries you forward. Jesus heals us from sin, always. And how much do I have to pay for this healing? Nothing. He heals us always and gratuitously. He invites those who “labour and are heavy laden” He says it in the Gospel – He invites them to come to Him (cf. Mt 11:28). And so to accompany someone to an encounter with Jesus is to bring them to the doctor of the heart, Who lifts up life. That is to say, “Brother, sister, I don’t have answers to so many of your problems, but Jesus knows you, Jesus loves you and can heal and soothe your heart. Go and leave them with Jesus.” Those who carry burdens need a caress for the past. So many times we hear, “But I would need to heal my past...I need a caress for that past that weighs so heavily on me...” He needs forgiveness. And those who believe in Jesus have just that to give to others: the power of forgiveness, which frees the soul from all debt. Brothers, sisters, do not forget: God forgets everything. How so? Yes, He forgets all our sins. That He forgets. That’s why He has no memory. God forgives everything because He forgets our sins. We only have to draw near to the Lord and He forgives us everything. Only He wants us to draw near to the Lord and He forgives us everything. Think of something from the Gospel, from the one who began to speak, “Lord I have sinned!” That son... And the father puts his hand in his mouth. “No, it’s okay, it’s nothing.” He doesn’t let him finish. And that’s good. Jesus is waiting for us to forgive us, to restore us. And how often? Once? Twice? No. Always. “But Father, I do the same things always...” And He will always do His same thing! Forgiving you, embracing you. Please, let us not distrust this. This is the way to love the Lord. Those who carry burdens and need a caress for the past need forgiveness, and Jesus does that. And that’s what Jesus gives: to free the soul from all debt. In the Bible it talks about a year when one was freed from the burden of debt: the Jubilee, the year of grace. As if it were the ultimate point of the proclamation. In fact, Jesus says he came “to proclaim the acceptable year of the Lord” (Luke 4:19). It was not a scheduled jubilee, like the ones we have now, where everything is planned and you think about how to do it and how not to do it. No. But with Christ the grace that makes life new always arrives and amazes. Christ is the Jubilee of every day, every hour, drawing you near, to caress you, to forgive you. And the proclamation of Jesus must always bring the amazement of grace. This amazement “No, I can’t believe it! I have been forgiven.” But this is how great our God is. Because it is not we who do great things, but rather the grace of the Lord who, even through us, accomplishes unexpected things. And these are the surprises of God. God is the master of surprises. He always surprises us, is always waiting, waits for us.