

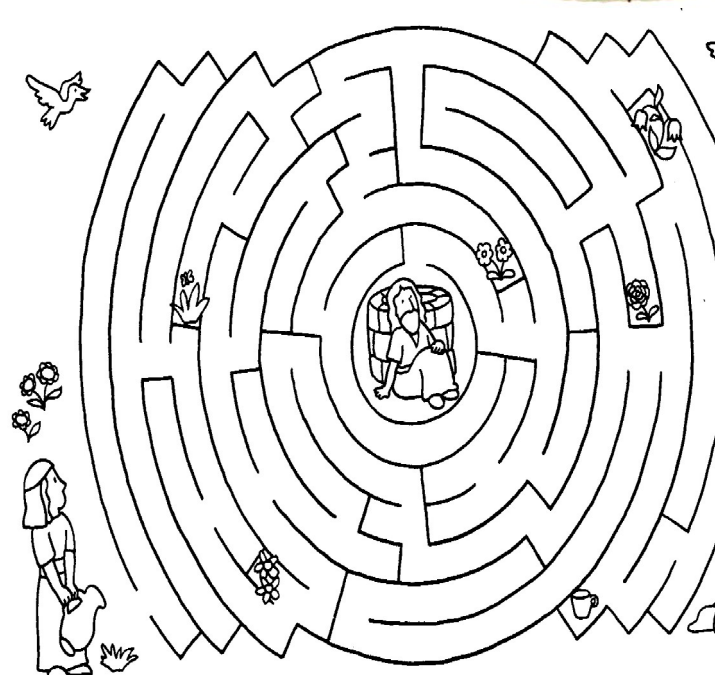
The Kids' Bulletin

Third Sunday of Lent
March 12th, 2023

Scrabble-style letter tiles with numbers 1-15 and the words NESEI, IELRL, RTVL, TWLH.

Jesus says that if we drink His living water, we

Numbered lines 1-15 for writing.



Word search grid with letters and words: SAMARITAN, SYCHAR, JACOB, JOSEPH, WELL, WOMAN, WATER, DRINK, JEW, BUCKET, CATTLE, HUSBAND.

Fill-in-the-Blanks

Fill in the blanks with the words in the box. Use the marked letters to fill in the blanks at the end.

And hope does not disappoint,
1. _____ the love of God has
been poured into our 2. _____
through the Holy 3. _____ who
has been 4. _____ to us. For
Christ, while we were 5. _____
helpless, died at the appointed
6. _____ for the ungodly. Indeed,
only with 7. _____
does one die for a just person, though
perhaps for a good person one
8. _____ even find
9. _____ to die. But
10. _____ proves his love for us in that...
...WHILE WE WERE STILL SINNERS

Numbered lines 1-10 for writing.

Table with 3 columns: COURAGE, GOD, SPIRIT; DIFFICULTY, TIME, MIGHT; HEARTS, GIVEN, STILL, BECAUSE.



OUR LADY OF LOURDES PARISH OF SEVEN HILLS. Includes contact info: 7 Grantham Road, Seven Hills. NSW. 2147, Ph. 9622 2920, Email: secretary@olol7hills.com.au. Lists Parish Priest, Parish Office Team, Sacrament Co-Ordinator, Office Hours, WEEKDAY MASS, WEEKEND MASS, Parish School, Principal, Reconciliation, Baptismal Preparation, Baptism, Parish Website, Pastoral Care of the Sick, and Facebook link.

THIRD SUNDAY OF LENT
12 March 2023 • Year A

Let us Pray for the Sick. List of names: Leonila Ahillon, George Alagiah, Neil Amaratunga, Mamerto Angele, Mary Attard, Cynthia Avery, Rosenda Bolano, Barrie Chamberlain, Rosella Booth, Jock Clark Snr, Anthony Janicska, John Glover, Blago Milicevic, William Orley, Sr Colleen O'Sullivan RSJ, Debra Price, Camy Ratnam, Pummalin Sumcad, Sue Tipaldo, Natalie Woodward. Includes text: 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, Jude Ranasinghe, Maria Reyes, Lucia Yap Ong. Anniversaries: Fredy Alphonse, Michelle Azzopardi, Carmen Attard, Frank & Fortunata Baiada, Romeo Binahian, Saviour Caruana, Audrey & Herman Chelliah, Charlie Chircop, Antonia, Melvyn Fernandes, E. Franklin, Sheela Franklin, Emilia Galea, Sam & Mary Gardia, Jean Garrick, Elsie Garrick, Karl Garrick, Christine Gomez, Charlie Gravina, Chinedu Joseph & Family, Sammy Formosa, Harold Lafleur, Apolinario Maglaya, Thomas Snr Morrissey, Stephen & Louis Mula, Jason Muscat, Jim & Philippa Muscat, Alberto Nahoy, Sashin Patrick, Mile Perak, John Ratnam, 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, Felina Maglaya, Cini & Mangion Family, M.A Fernando, Zaren & Sam Formosa, Gerard Marcello, Pauline Meilak, Mary Mifsud, Emilia & William Mifsud, Marcel Mohsen, Anton & Lourda Motha, Louis & Stephen Mula, Muscat Family, Josephine & Charles Muscat, Mary Muscat, Francis Muscat, Adrian Pereira, Rosaline Ratnam, Rodrigues Family, Sem Serna, Debe Toufic, Jim Vella, Hector & Rita Welgampola.

COVID- 19 UPDATE. MASKS: are no longer mandatory but still encouraged. PLEASE DO NOT ATTEND IF YOU ARE EXPERIENCING ANY FLU LIKE SYMPTOMS. Please Help Us Keep Our Community Safe.

Support our seminarians to humbly serve our faith community. Includes photo of seminarians and text: "God doesn't call the equipped, he equips the called." - recently ordained priest, Father Matthew Dimian. Please give generously to the Bishop's Good Shepherd Appeal yourcatholicfoundation.org.au/appeal

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.

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.

FIRST READING
A reading from the book of Exodus 17:3-7

Tormented by thirst, the people complained against Moses. ‘Why did you bring us out of Egypt?’ they said. ‘Was it so that I should die of thirst, my children too, and my cattle?’ Moses appealed to the Lord. ‘How am I to deal with this people?’ he said. ‘A little more and they will stone me!’ The Lord said to Moses, ‘Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.’ This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, ‘Is the Lord with us, or not?’

The Word of the Lord.

RESPONSORIAL PSALM

(R.) Lord, let your mercy be on us,
as we place our trust in you.

1. Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. (R.)

2. Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. (R.)

3. O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my
work.' (R.)

SECOND READING
A reading from the first letter of St Paul to Romans 5:1-2,5-8

Through our Lord Jesus Christ by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. This hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners.

The word of the Lord.

GOSPEL ACCLAMATION

Glory to you, Word of God, Lord Jesus Christ!
Lord, you are truly the Saviour of the world;
give me living water, that I may never thirst again.
Glory to you, Word of God, Lord Jesus Christ!

GOSPEL
A reading from the holy Gospel according to John 4:5-42 (Short version refer to slide for long)

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, ‘Give me a drink.’ His disciples had gone into the town to buy food. The Samaritan woman said to him, ‘What? You are a Jew and you ask me, a Samaritan, for a drink?’ – Jews, in fact, do not associate with Samaritans. Jesus replied: ‘If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.’ ‘You have no bucket, sir,’ she answered ‘and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?’ Jesus replied: ‘Whoever drinks this water will get thirsty again: but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.’ ‘Sir,’ said the woman, ‘give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.’ Jesus said: ‘Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we do know; for salvation comes from the Jews. But the hour will come – in fact it is here already –when true worshippers will worship the Father in spirit and truth: that is the kind of worshipper the Father wants. God is spirit, and those who worship must worship in spirit and truth.’ The woman said to him, ‘I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.’ ‘I who am speaking to you,’ said Jesus ‘I am he.’ Many Samaritans of that town had believed in him on the strength of the woman's testimony, so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, ‘Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.’

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

LOURDES: Luminate (Formally 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>

MARCH 2023		
12	LOURDES: Luminate Lifted Sports Day	9.00am
13	St Vincent De Paul Meeting	7.00pm
17	Sacrament Program Meeting	6.30pm
18	New Altar Servers training session	3.30pm
18	Sacrament Program Meeting RPT	4.30pm
21	Confirmation Information Night	6.30pm
22	First Reconciliation (Group 1)	7.00pm
26	New Altar Servers Installation Mass	9.30am
27	St Vincent De Paul Meeting	7.00pm
29	First Reconciliation (Group 2)	7.00pm
30	Finance Committee Meeting	8.00pm

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

11/12 March 2023

Acolytes	Vigil: John Jordan 8am: Louis Fernandes 9.30am Eugene Miu
Ministers	Vigil: A.Bellissimo, VOLUNTEER 8am: L.Fernandes, A.McNally 9.30am: C.Brooks, S.Lenthall
Readers	Vigil: L. Bellissimo, Benno Motha 8am: Jo Cabasa, VOLUNTEER 9.30am M.Aquino, A.Walker
Altar Servers	Vigil: A.Bagatella, D.Sant, J.Sant 8am: Sean Park, Philip Park 9.30am Leo Cullili, VOLUNTEERS
Morning tea (after 9.30am Mass)	Young Adults Group
Flowers	Claudette & Judith
Church cleaning	16 March Cathy Hutchings & Annette Peatman
Welcomers	Vigil: Ram Ugre 8am: VOLUNTEER 9.30am: Lena Falzon

18/19 March 2023

Acolytes	Vigil: Derick Soares 8am: Ernie Gartner 9.30am Kilifi Huihui
Ministers	Vigil: M.Simic, R.Soares 8am: F.Balatbat, F.Paiva 9.30am: B.Chandler, P.Gow
Readers	Vigil: C.Rodrigues, J.Sarmiento 8am: A.Joseph, M.Santos 9.30am K.Huihui, S.Manamperi
Altar Servers	Vigil: Samuel Thoms 8am: VOLUNTEERS 9.30am VOLUNTEERS
Morning tea (after 9.30am Mass)	VOLUNTEER
Flowers	Fennie & Angela
Church cleaning	22 March Jessie Borg Anne McNally
Welcomers	Vigil: VOLUNTEER 8am: VOLUNTEER 9.30am: VOLUNTEER

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' CATECHESIS ON THE PASSION OF EVANGELIZATION: Catechesis. 4. The first apostolate

Dear brothers and sisters, good morning! We continue our catechesis; the theme we have chosen is “The passion of evangelizing, apostolic zeal”. Because evangelizing is not saying, ‘Look, blah, blah, blah’, and nothing more. There is a passion that involves everything: the mind, the heart, the hands, going out, everything, the whole person is involved with this proclamation of the Gospel, and for this reason we talk about *the passion for evangelizing*. After having seen in Jesus the model and the teacher of proclamation, we turn today to the first disciples, to what the disciples did. The Gospel says that Jesus “appointed twelve, to be with Him, and to be sent out to preach” (Mk 3:14); two things: to be with him and to send them to preach. There is one aspect that seems contradictory: He called them to be with him and to go and preach. One would say: either one or the other, either stay or go. But no: for Jesus there is no going without staying and there is no staying without going. It is not easy to understand this, but that’s the way it is. Let us try to understand a little bit what is the sense in which Jesus says these things. First of all, *there is no going without staying* : before sending the disciples forth on mission, Christ the Gospel says “calls them to himself” (cf. Mt 10:1). The proclamation is born from the encounter with the Lord; every Christian activity, especially the mission, begins from there. Not from what is learnt in an academy. No, no! It begins from the encounter with the Lord. Witnessing him, in fact, means radiating him; but, if we do not receive his light, we will be extinguished; if we do not spend time with him, we will bear ourselves instead of him. I am bringing myself and not him — and it will all be in vain. So only those who remain with him can bring the Gospel of Jesus. Anyone who does not remain with him cannot bear the Gospel. He will bring ideas, but not the Gospel. Equally, however, *there is no staying without going*. In fact, following Christ is not an inward-looking fact: without proclamation, without service, without mission, the relationship with Jesus does not grow. We note that in the Gospel the Lord sends the disciples before having completed their preparation: shortly after having called them, he is already sending them! This means that the experience of mission is part of Christian formation. Let us then recall these two constitutive moments for every disciple: staying with Jesus and going forth, sent by Jesus. Having called the disciples to himself and before sending them, Christ addresses a discourse to them, known as the ‘missionary discourse’ — this is what it is called in the Gospel. It is found in chapter 10 of Matthew’s Gospel and it is like *the ‘constitution’ of the proclamation*. From that discourse, which I recommend you read today it is only one page in the Gospel. I draw out three aspects: *why* proclaim, *what* to proclaim and *how* to proclaim. *Why* proclaim: The motivation lies in a few words of Jesus, which it is good for us to remember: “Freely you have received, freely give” (v. 8). They are just a few words. But why proclaim? Because I have received freely, and I should give freely. The proclamation does not begin from us, but from the beauty of what we have received for free, without merit: meeting Jesus, knowing him, discovering that we are loved and saved. It is such a great gift that we cannot keep it to ourselves, we feel the need to spread it; but in the same style, right? That is, in gratuitousness. In other words: we have a gift, so we are called to make a gift of ourselves; we have received a gift and our vocation is to make a gift of ourselves to others; there is in us the joy of being children of God, it must be shared with our brothers and sisters who do not yet know it! This is the reason for the proclamation. Going forth and bringing the joy of what we have received. Second: *What* , then, to proclaim. Jesus says: “Preach as you go, saying, ‘The kingdom of heaven is at hand’” (v. 7). This is what must be said, first and foremost: God is near. So, never forget this: God has always been close to the people. He said it to the people himself: He said, “Look, what God is as close to the nations as I am to you?” This closeness is one of the most important things about God. There are three important things: closeness, mercy, and tenderness. Don’t forget that. Who is God? The One Who is Close, the One Who is Tender, the One Who is Merciful. This is the reality of God. In preaching, we often urge people to do something, and that is fine; but let’s not forget that the main message is that he is near: closeness, mercy, and tenderness. Accepting God’s love is more difficult because we always want to be in the centre, we want to be protagonists, we are more inclined to do than to let ourselves be moulded, to speak than to listen. But, if what we do comes first, we will still be the protagonists. Instead, the proclamation must give primacy to God: to give the primacy to God, the first place to God, and to give to others the opportunity to welcome him, to realise that he is near. And me in the background. The third point: *how* to proclaim. This is the aspect Jesus dwells on most: how to proclaim, what is the method, what should be the language for proclaiming. It’s significant: He tells us that the manner, the style is essential in witnessing. Witnessing does not just involve the mind and saying something, the concepts. No. It involves everything, mind, heart, hands, everything, the three languages of the person: the language of thought, the language of affection, and the language of work. The three languages. One cannot evangelise only with the mind or only with the heart or only with the hands. Everything is involved. And, in style, the important thing is testimony, as Jesus wants us to do. He says this: “I send you out as sheep among wolves” (v. 16). He does not ask us to be able to face the wolves, that is, to be able to argue, to offer counter arguments, and to defend ourselves. No, no. We might think like this: let us become relevant, numerous, prestigious, and the world will listen to us and respect us and we will defeat the wolves. No, it’s not like that. No, I send you out as sheep, as lambs. This is important. If you don’t want to be sheep, the Lord will not defend you from the wolves. Deal with it as best you can. But if you are sheep, rest assured that the Lord will defend you from the wolves. Be humble. He asks us to be like this, to be meek and with the will to be innocent, to be disposed to sacrifice; this is what the lamb represents: meekness, innocence, dedication, tenderness. And he, the Shepherd, will recognise his lambs and protect them from the wolves. On the other hand, lambs disguised as wolves are unmasked and torn to pieces. A Church Father wrote: “As long as we are lambs, we will conquer, and even if we are surrounded by many wolves, we will overcome them. But if we become wolves ‘Ah, how clever, look, I feel good about myself’ we will be defeated, because we will be deprived of the shepherd’s help. He does not shepherd wolves, but lambs” (St John Chrysostom, *Homily 33 on the Gospel of Matthew*). If I want to be the Lord’s, I have to allow him to be my shepherd; and he is not the shepherd of wolves, He is the shepherd of lambs, meek, humble, kind as the Lord is. Still on the subject of *how* to proclaim, it is striking that Jesus, instead of prescribing what to bring on a mission, says what *not* to bring. At times, one sees some apostles, some person who relocates, some Christian that says he is an apostle and has given his life to the Lord, and he is carrying a lot of luggage. But this is not of the Lord. The Lord makes you lighten your load. “Take no gold, nor silver, nor copper in your belts, no bag for your journey, nor two tunics, nor sandals, nor a staff” (vv. 9-10). Don’t take anything. He says not to lean on material certainties, but to go into the world without worldliness. That is to say, I am going into the world, not with the style of the world, not with the world’s values, not with worldliness for the Church falling into worldliness is the worst thing that can happen. I go forth with simplicity. This is how one should proclaim: by showing Jesus rather than talking about Jesus. And how do we show Jesus? With our witness. And finally, by going together, in community: the Lord sends all the disciples, but no one goes alone. The apostolic Church is completely missionary and in the mission it finds its unity. So: going forth, meek and good as lambs, without worldliness, and going together. Here is the key to proclamation, this is the key to success in evangelization. Let us accept these invitations from Jesus. Let his words be our point of reference.



FROM FR. HENRY DUC

Dear Friends,

We all know that water is essential to our life and we can't survive without it. As someone whose life was closely associated with the Mekong River, I'm probably more aware of that than lot of others. I remember growing up, the Mekong always became much larger during the monsoon season as its waters would soar up to around two meters high or more to cover all the rice fields and paddocks along the river's banks. Farmers would then take a break and some turned into part time fishermen to get some extra fish or an extra income for their families. However, in the last ten years, the waters have stopped flowing down generously from upstream during the wet season, as more and more dams have kept popping up in our neighbouring countries, especially China, and the result is that the Mekong has become thirsty of fresh waters from upstream and threatened by the unwanted invasion of the sea water from the sea. It is a scary reality that residents along the banks of the Mekong are faced with and it's getting worse, since the wider world is not aware of such an ecological disaster. Please keep in mind this massive problem that a lot of my villagers have been facing hopelessly and pray that something will be done to save them from such a water crisis. Talking about water crisis, we have a Gospel dealing with water this Sunday, and Jesus seemed to have such an experience when he and the disciples were on their preaching journey. At the well of a Samaritan town, he happened to meet with a woman and asked her for some water to quench his thirst. From the concrete and visible water of the well, he then took her to another kind of water, abstract and invisible that he called the living water. The woman, of course, had no idea if what he was talking about, and kept asking him to give her such a precious water, so that she didn't have to return to the well day in day out to fetch its water. With us today, we understand quite well what Jesus meant when he talked about the living water, for we know that he wanted to reveal to her the water coming out from his teaching and the Eucharist to give eternal life to those who receive them. Let us give praise and thanks to our beloved Jesus for his life-giving words and the sacrament of the Eucharist and pray that they remain the sources of spiritual nourishments to us on our journey to our eternal homeland, and also let us remember those whose livelihood has been under threat due to the water crisis in the communities where the Mekong goes through, especially those at its very end, pray that appropriate actions will be taken to stop such a crisis getting bigger. Have a grace-filled week.

Fr. Henry

PARISH NEWS...

OFFERTORY PROCESSION FOR OUR WEEKEND MASSES

With the intention to help our community to get more involved at Mass and better appreciate our share in the priesthood of the faithful, meaning our call to be priests, prophets and kings or queens of Jesus through baptism that Fr David Orr reminded us in our recent Parish retreat, I would like to invite all our parishioners to take part in the offertory procession, especially families that have some special celebrations in the families, such as wedding anniversaries, baptisms, birthdays, or death anniversaries. Please see Fr Henry or Ernie before Mass to arrange it.

REPORT FROM OUR RECENT PARISH PASTORAL COUNCIL MEETING

In our recent meeting, members of the Council had the chance to listen to various reports from different groups in the parish, such as Over 50s, Vinnies, Sacramental Program, RCIA, Catechists, Children Liturgy, Altars Servers, and Diocesan Council. We also had the opportunity to reflect upon the article entitled Francis the Reformer Rooted in Vatican II. Full Stop by Michael Sean Winters as part of the commemoration of Pope Francis' 10th anniversary often regarded as pastor, teacher and reformer. He has continued to say and do things to encourage us to change our mentality, especially our better care for the poor and the environment.

BISHOP'S GOOD SHEPHERD APPEAL



Support our Seminarians to humbly serve our faith community. Please give generously to the Bishop's Good Shepherd Appeal at yourcatholicfoundation.org.au/appeal or scan this QR code.



Thank you for accompanying our seminarians on their spiritual journey to becoming priests.



WE ARE RECRUITING NEW ALTAR SERVERS!

If your child has completed their First Holy Communion and is in year 4 or higher, Fr Henry would like to invite them to become an Altar Server and join our team by helping serve at Masses. Application Forms are available in front of the back sacristy or by contacting the Parish Office. Please return completed forms to Fr Henry by the 15th March. There will be a Training session on Saturday 18th March at 3.30pm and the Installation Mass at 9.30am on Sunday 26th March, 2023.

PARISH LENTEN RETREAT THANK YOU

Many thanks to Fr David Orr OSB for accepting the invitation to come and lead us for our Parish retreat this year. Thank you Maryse Anseesing for providing lunch for the day and all attendants for setting aside your precious times to join the retreat.

Fr Henry

Children's Liturgy
Our Lady of Lourdes - Seven Hills

Children you are warmly invited to attend Children's Liturgy during the 9.30am Sunday Mass.

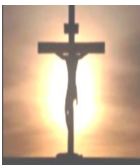


March 19th
April 16th
May 21st



Stations of the Cross

Every Friday during LENT at 7.30pm



MET Worship RCIA Workshop: 15 March

Parish teams involved in the Rite of Christian Initiation of Adults at Easter are invited to a workshop hosted by the MET Worship team on Wednesday 15 March at 7pm at the Bishop Bede Heather Centre, Blacktown. Parish teams will learn how to prepare for the Rites on Holy Saturday and where to after Easter. To RSVP by 13 March, please contact hannah.portelli@parracatholic.org

Patrick's Day Business Breakfast: 17 March

St Patrick's Cathedral Parish, Parramatta, are hosting the St Patrick's Day Business Breakfast, an annual event acknowledging faith and nation building and connecting Not-For-Profit organisations with business communities. The Breakfast will be held on Friday 17 March from 7am to 9am at the Cathedral Hall, with guest speaker Dr Andrew Charlton MP, Federal Member for Parramatta. Tickets are \$100 per person and can be purchased via <https://www.trybooking.com/events/landing/1012636> or by scanning the QR code.



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

Caritas Australia Turkey and Syria Earthquake Emergency Appeal

Following devastating earthquakes in Türkiye (formerly Turkey) and Syria, which has killed thousands of people, Caritas Australia's partners are on the ground as they assess the scale of damage and critical needs. Your donation to Caritas Australia can have a profound and lasting impact on those affected by the Turkey, Syria earthquake. By donating, you will help to provide vital emergency aid and essential items needed during a time of crisis. Visit <https://www.caritas.org.au/donate/emergency-appeals/turkey-and-syria-earthquake/> to show your support.

Palms Australia: Change their lives and yours

Communities in Africa, Asia or the Pacific are seeking Australians from a variety of professions and trades to share their skills with those who have less opportunity to develop their talents. Explore 35 positions by scanning the QR code below. On our website, you can also see news including stories from those currently supported in Timor-Leste, Samoa, American Samoa and Thailand. Please enquire further about potential assignments for you or someone you know: (02) 9560 5333 or 0422 472 567 or visit www.palms.org.au



St Bernadette's Lalor Park Wednesday Evening Devotions

St Bernadette's Parish, Lalor Park, is hosting weekly devotions to Our Lady of Lourdes and St Bernadette every Wednesday evening at 6.30pm with Adoration and Rosary and special prayers, followed by Mass at 7.30pm. All are welcome. For more information, contact the parish office on (02) 9672 4037 or admin@stbernadetteslalorpark.org.au

Positions Vacant:

- *Mission & Renewal Project Officer (permanent full-time)* - Catholic Diocese of Bathurst

- *Corrective Services Chaplain, Wellington Correctional Centre (permanent full-time)* - Catholic Diocese of Bathurst

For more details, and to apply, please visit <https://bathurst.catholic.org.au/careers/>

Marriage Enrichment Weekend

We are offering an opportunity for you to learn to become the best version of yourselves together and live your best life in love!

Come and join us on 14-16 April 2023 at a Marriage Encounter Weekend in a Covid safe environment at Mt Carmel Retreat Centre, Varroville, NSW – a stunning & tranquil oasis on the edge of Sydney.

Book online at www.wwme.org.au or contact Christine & Terry Mahony on 0490 774 419 or nswbookings@wwme.org.au



**Third Sunday of Lent
11 & 12 March**



Zimbabwe is experiencing an intense drought, exacerbated by climate change. With the support of Caritas Hwange, Priscilla learnt conservation farming skills to grow drought-resistant crops and started poultry farming to support her family during the current food crisis.



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.

DHAA
Dental Hygienists
Association of Australia Ltd.

DIOCESE of
PARRAMATTA

World Oral Health Day 2023
Information for New Migrants, Refugees and
People Seeking Asylum

**ARE YOUR TEETH
IMPORTANT TO
YOU?**
Come and have a chat with
our volunteers about how
you can look after your
teeth properly to reduce
teeth problems!

WHEN AND WHERE?
Saturday, 18 March 2023,
1pm-3pm
Our Lady of Lourdes
Parish Meeting Room,
7 Grantham Road,
Seven Hills NSW 2147

**BE PROUD
OF YOUR MOUTH**

SCAN TO REGISTER OR GO TO:
bit.ly/NSWWHOHD2023

**Come get some free
toothpastes and toothbrushes!**

****OPENED TO ALL AGES****
Contact Ian Epondulan:
ian_ube@hotmail.com

POPE FRANCIS AT ANGELUS



Dear brothers and sisters, *buongiorno!*

On this Second Sunday of Lent, the Gospel of the *Transfiguration* is proclaimed. Jesus takes Peter, James and John with him on the mountain and is revealed to them in all his beauty as Son of God (cf. *Mt* 17:1-9). Let us pause a moment over this scene and ask ourselves: Of what does this beauty consist? What do the disciples see? A special effect? No, that is not it. They see the light of God's holiness shining on the face and on the clothing of Jesus, the perfect image of the Father. God's majesty, God's beauty is revealed. But God is Love. Therefore, the disciples had been beholding with their eyes *the beauty and splendour of divine Love incarnate in Christ*. They had a foretaste of paradise. What a surprise for the disciples! They had the face of Love before their very eyes for so long without ever being aware of how beautiful it was! Only now do they realize it with such joy, with immense joy. In reality, through this experience, Jesus is forming them, preparing them for an even more important step. Soon after that, in fact, they would have to recognize the same beauty in him when he would mount the cross and his face would be *disfigured*. Peter struggles to understand: he would like to stop time, "pause" the scene, stay there and prolong this marvelous experience. But Jesus does not allow it. Indeed, his light cannot be reduced to a "magical moment"! It would thus become something false, artificial, something that would dissolve into the fog of passing sentiment. On the contrary, Christ is the light that orients our journey like the pillar of fire for the people in the wilderness (*Ex* 13:21). Jesus' beauty *does not alienate* his disciples from the reality of life, but gives them the strength *to follow him* all the way to Jerusalem, all the way to the cross. Christ's beauty is not alienating. It always brings you forward. It does not make you hide. Go forward! Brothers and sisters, this Gospel traces a path for us too. It teaches us how important it is to *remain with Jesus* even when it is not easy to understand everything he says and does for us. In fact, it is by staying with him that we learn to recognize on his face the luminous beauty of love he gives us, even when it bears the marks of the cross. And it is in his school that we learn to see the same beauty on the faces of the people who walk beside us every day – family, friends, colleagues who take care of us in the most varied ways. How many luminous faces, how many smiles, how many wrinkles, how many tears and scars reveal love around us! Let us learn to recognize them and to fill our hearts with them. And then let us set out in order to bring the light we have received to others as well, through concrete acts of love (cf. *1 Jn* 3:18), diving into our daily occupations more generously, loving, serving, and forgiving with greater earnestness and willingness. The contemplation of God's wonders, the contemplation of God's face, of the Lord's face, must move us to the service of others. We can ask ourselves: Do we know how to recognize the light of God's love in our lives? Do we recognize it with joy and gratitude on the faces of the people who love us? Do we look around us for the signs of this light that fills our hearts and open them to love and service? Or do we prefer the straw fires of idols that alienate us and close us in on ourselves? The great light of the Lord and the false, artificial light of idols. Which do I prefer? May Mary, who kept the light of her Son in her heart even in the darkness of Calvary, accompany us always on the way of love.

After the Angelus

Dear brothers and sisters,

These past days, my thought has been often directed to the victims of the train accident that happened in Greece. Many were young students. I am praying for the deceased. I am near the wounded and to their relatives. May Our Lady comfort them. I now express my sorrow for the tragedy that took place in the waters of Cutro, near Crotone. I am praying for the numerous victims of the shipwreck, for their relatives and for those who survived. I manifest my appreciation and my gratitude to the local population and institutions for their solidarity and hospitality toward these our brothers and sisters. I renew my appeal to everyone so that similar tragedies may not be repeated. Let the human traffickers be stopped so they do not continue to dispose of the lives of so many innocent people! May the journeys of hope never more be transformed into journeys of death. May the clear waters of the Mediterranean never more be bloodied by such tragic accidents! May the Lord give us the strength to understand and to weep. I greet all of you, people from Rome and pilgrims from Italy and various countries. In particular, I greet the Ukrainian community from Milano who has come on the occasion of the fourth centenary of the martyrdom of the Bishop, Saint Josaphat who gave his life for the unity of Christians. Dear brothers and sisters, I praise your efforts to welcome your compatriots who have fled from the war. May the Lord, through the intercession of Saint Josaphat, grant peace to the battered Ukrainian people. I greet the pilgrims from Lithuania and the Lithuanian community of Rome who are celebrating Saint Casimir, as well as the Catholic Romanian community from Zaragoza (Spain), and the parish groups who have come from Murcia and Jerez de la Frontera (Spain); and from Tbilisi, Georgia. I greet the faithful from Burkina Faso, the Confirmation candidates from Scandicci and from Anzio; the faithful from Capaci, Ostia and San Mauro Abate in Rome. I wish all of you a good Sunday. Please, do not forget to pray for me. Enjoy your meal and *arrivederci!*

POPE FRANCIS RENEWS COUNCIL OF CARDINALS *By Vatican News staff writer*

Pope Francis has renewed the Council of Cardinals, as known as the 'C9', since the mandate of the previous Council has expired. The Cardinal members of the new Council are: Cardinals Pietro Parolin, Vatican Secretary of State; Fernando Vérgez Alzaga, President of the Governorate of Vatican City State; Fridolin Ambongo, Archbishop of Kinshasa; and Oswald Gracias, Archbishop of Bombay; Seán Patrick O'Malley, Archbishop of Boston; Juan José Omella, Archbishop of Barcelona; Gérald Lacroix, Archbishop of Quebec; Jean-Claude Hollerich, Archbishop of Luxembourg; Sérgio da Rocha, Archbishop of San Salvador de Bahia. The Secretary of the commission is Bishop Marco Mellino. The next meeting of the Council will be held on 24 April at 9 a.m. CET at 'Casa Santa Marta', the Pope's residence. Its last meeting, held in December last year, had been devoted to the continental phase of the ongoing synod, among other topics. The first meeting of the Council was held from 1-3 October 2013. Established by Pope Francis on 28 September 2013, the Council of Cardinals was created to assist the Pope in the governance of the universal Church. The Council was also founded with the project to revise the Roman Curia, the latter accomplished with the new Apostolic Constitution 'Praedicate Evangelium' published on 19 March of last year. The Council of Cardinals, the Chirograph states, is intended as "a further expression of episcopal communion and of the assistance to the 'munus petrinum' that the Episcopate scattered throughout the world can offer."