



# 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 Deacon:** Deacon Thong Nguyen  
**Parish Office Team:** Rosie Sadipoor, Kim Dang Jane Nguyen  
**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:** 21st February 2024  
**Baptism:** 28th January 2024  
**Sacrament Co-Ordinator:** Mrs Artelle Lenthall  
**Parish Website:** [www.lol7hills.com.au](http://www.lol7hills.com.au)  
**Facebook** <https://www.facebook.com/LOL7Hills/>

## FIFTH SUNDAY IN ORDINARY TIME 4 February 2024 • Year B



### Let us Pray for the Sick

Leonila Ahillon, Mary Attard, Cynthia Avery, Barrie Chamberlain, Rosella Booth, Penny Briscoe, Khien Doan, Para Dias, Anthony Janicska, Carlos Moreno, Zeferino Jayson Morales, Maricar Poblete, Debra Price, Camy Ratnam, Sr Colleen O'Sullivan, 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@lol7hills.com.au](mailto:secretary@lol7hills.com.au)  
We can also arrange for Holy Communion or a visit if required.

### Let us Pray for the Deceased

**Recently Deceased:** Mansour Ahmad, Ronald Bailey, Romeo Biniahian, Connie Busuttill, Charlie Calleja, Charlie Cheteuti, Anastacia Monica Cormio, Noel DCruz, Sonny Elluh, Bonosa Enfesta, Gladys Fernando, Gloria Hansen, John Lionel, Joan Falzon, Mary Ann Farugia, Alfredo Fernandez, Ranjan Fernando, Epifanio Jalandoni, Mary Mifsud, Solomon Morias, Anthony & Evangelista Micallef, Josip Mrzljak, Marilyn Nalapo, Auxiliadora Nochete, Caridad Nufable, Pacionza Piscopo, Connie Redman, Mercedes Yu, Anna Vingerhoed, Epifania Cruz Samaniego, Maria Fely Sebastian, Joseph & Theresa Vella

**Anniversaries:** Fredy Alphonse, John Azzopardi, Carolina Borg, Merlene & Ralph Blackford, Josephine & Family Calleja, Fe Licup Carmen, Mary Carmenzuli, Dennis Clarke, Philomena Corera, Mervyn Costello, Conchita Deloso, Rita de Silva, John Falzon, MA Fernando, Josephine Francis, Charles Francis, Russell, Sheela Franklin, Frank Galea, Paul Gauci, Charlie Gravina, Ivan Elisha, Martha Joseph, Ngoc Khuong Mai, Andrew McPhee, Prudencio Monses, Irene Moroney, Thelma Morrissey, Anton Motha, Paul Mula, Jason Muscat, Alberto Nahoy, Aurora Nonato, Makalita Kilisitina Pongi, Sam Silvia, Cordula Paiva, Bernabe Quinto, Jose Reyes, Lorraine Rigney, Cornelio & Iluminada Rondario, Santan & Pauline Soares, Caroline Susainathan, Helen Tanti, Jim Vella, Alison Vella, Melchor Usman.

**Remembrance:** Neil Amaratunga, France Angseeing, Carmen Attard, Joseph Azzopardi, Roy, Mary & Des Barney, Eveillino Bhundoo, Brian Carrebine, Lina Cabaero, Mary Chircop, Cini Family, Sam & Silvia Debattista, Carmen, Joe, Lonsan, Jimmy & Tony De Guarie, Congetta Enrico D'Andreti, Maximilian & Julian Epondulan, Melvyn Fernandes, Sammy Formosa, Evangeline Garcia, Jose Garcia, Christine Gomez, Harold, Rosine, Marc LaFleur, Norma Lorenzo, Apolinario and Felina Maglaya, Sashin Patrick Manamperi, Mangion Family, Elenoa Matavesi, Pauline Meilak, Mary Mifsud, Emilia & William Mifsud, Marcel Mohsen, Lourda Motha, Louis & Stephen Mula, Felix & Adriana Muscat, Michelle Muscat, Mary & Francis Muscat, Josephine Muscat, Charles Muscat, Philippa & Jim Muscat, Piu Muscat, Adrian Pereira, Lakshman Pereira, John Portelli, John & Roseline Ratnam, Jose Sanchez, Sem Serna, Joyce & John Sutari, Tony Vassallo, Shane Vaz, Jonathan Tek Kie, Stevenson Uplasi and all the Holy Souls of Purgatory.

### THE PILGRIM STATUE OF OUR LADY OF LOURDES

The Statue of Virgin Mary is available for home visitation and will reside with you for a week, being Sunday to Saturday. If you are wishing to participate, please leave your name and address at the Parish Office or contact Maryse Augseeing on 0467 701 010.

### 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.*

### 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



### KEEP UP TO DATE

By visiting our parish website with news, the bulletin, prayers and much more - a great way to stay up to date with what's on in our parish Visit [www.lol7hills.org.au](http://www.lol7hills.org.au)

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**FIRST READING** A reading from the book of Job 7:1-4, 6-7

Job began to speak: Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy. The Word of the Lord.

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**RESPONSORIAL PSALM**

**(R)** Praise the Lord who heals the broken-hearted.

1. Praise the Lord for he is good;  
sing to our God for he is loving:  
to him our praise is due **(R.)**

3. Our Lord is great and almighty;  
his wisdom can never be measured.  
The Lord raises the lowly;  
he humbles the wicked to the dust. **(R.)**

2. The Lord builds up Jerusalem  
and brings back Israel's exiles,  
he heals the broken-hearted,  
he binds up all their wounds.  
He fixes the number of the stars;  
he calls each one by its name. **(R.)**

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**SECOND READING** A reading from the first letter of St Paul to the Corinthians 9:16-19. 22-23

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

The Word of the Lord.

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**GOSPEL ACCLAMATION**

Alleluia, alleluia!  
He bore our sickness,  
and endured our suffering.  
Alleluia!

**GOSPEL** A reading from the holy Gospel according to Mark 1:29-39

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew.

Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them. That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was. In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

The Gospel of the Lord.

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**SACRAMENTAL ENROLMENT MASS, SUNDAY 5TH FEBRUARY 2024, 9.30AM MASS**

*"And the Lord will guide you continually, and satisfy your desire with good things, and make your bones strong:..."*  
*Isaiah 58:11*

## FROM FR. HENRY



Dear Friends,

Welcome to our first bulletin of 2024 meant to keep our parishioners informed with things that happen in our parish and beyond.

Last week, my dear friend from Vancouver sent me two photos of our former classmates and his own photo taken around 1973 or 1974, which brought back to me lot of memories of the good old days when we were a group of young boys starting the vocation journey together, and 50 years later circumstances have dispersed us all over the world and become old men, with a few no longer with us anymore.

As young students doing the Formation program we had to follow a strict timetable, and the first thing we did every day after a light exercise and brushing teeth was to head for the church together with a hundred plus other students for a contemplative prayer session followed by the Eucharist. Imagine a lot of teenagers active and restless that had to sit for one and a half hours in silence and you can have the picture. That was tough, very tough and many found it wasn't their call, but a few embraced it and have turned into a spiritual wellspring.

I can't help but recall this part of the training process that my friends and I had to endure many years ago to help us grow into who we are today, especially that bond between us together as friends forever, and in the context of the Gospel this Sunday, it reminds me very much of what Jesus chose to do after a busy day offering healing to many sick people, including

Simon's mother-in-law.

While the disciples probably were still in bed, Jesus got up, went out by himself to find a lonely place and there he prayed. Jesus obviously treated his daily prayer as the highest priority, above all other things he was going to do during the day and by doing so he has shown us an inspiring example to follow.

Here he seems to encourage each of us to do the same in our everyday lives no matter who we are, where we are and what we do. We need to give prayer the most prominent place amongst our daily activities. We need to treat prayer as an indispensable and inseparable means to re-charge ourselves spiritually like Jesus led us by example.

Let us earnestly ask Jesus help us be inspired by his example and prepared to spare our time to re-energize us by means of our daily prayers.

Have a prayer-oriented week,

Fr Henry

## PARISH NEWS...

### OUR LADY OF LOURDES PARISH FEAST DAY

#### ALL WELCOME!

Our Parish Feast Day will fall on Sunday 11th February this year and coincides with the Lunar New Year.

We are going to celebrate officially at the 9.30am Sunday Mass followed by a luncheon in the hall.

Please come along and join in commemorating this special day.

We are inviting parishioners to bring along a plate to share.

For further enquiries, please contact Evelyn on 0437 572 636 or the parish office.



### PARISH ANNUAL RETREAT

Like previous years in the past, we are having our Parish Annual retreat during Lent, and this year we have the privilege to welcome Br Barry Donahue who is going to lead us in the retreat on Saturday 17 February 2024 from 9.30am to 3pm in the Hall.

### SACRAMENTAL PROCESS ENROLMENT MASS

*Reconciliation and First Communion Enrolment Mass*

This weekend, Sunday 5th February during the 9:30am Mass, we will welcome the children and their families from our parish enrolling in the sacramental program for 2024.

Please keep these children in your prayers as they begin this important part of their faith journey.

### CHURCH CLEANING

We urgently need extra people to do the church cleaning once a month for about an hour. If you can help please phone the Parish Office or put your name and number on the A3 roster located at the back of the church under the weeks of your availability.

### SERVING AS PARISH MINISTERS

In response to popular requests from the community to serve as lectors, Extraordinary ministers of Communion, Acolytes and so on, I would like to invite you to pick up the form available in our Parish Directory, tick your preferred ministry, write down your name and contact number, and place it in the collection plate or return it to Fr Henry, and we will contact you and send you the Liturgical Ministry Formation Courses 2024 to fill in before Friday 9 February, 2024.

### LOURDES OVER 50s GROUP MEETING

Over 50s meetings return on Thursday 8th February 2024, 10.30am– 1pm. Please bring a plate to share. Look forward to welcoming you back!

### PARISH BIN ROSTER - VOLUNTEERS REQUIRED

We are seeking volunteers to assist 4 times a year to place the Parish bins on the kerbside (Grantham Road) once a week on Tuesday. Please contact the Parish Office if you are able to help out. *Thank you.*



## DIOCESAN NEWS

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### NEW Diocesan website launched

The new [parracatholic.org](https://parracatholic.org) website is now here with exciting new features and functionality including a comprehensive 'Find a Mass' function which includes Daily and Weekend Masses, Reconciliation and Adoration times; a centralised event calendar; Daily Mass readings and different ways you can contribute to the Church in Western Sydney and the Blue Mountains. Check it out today!

### Safeguarding Face-to-face Training Opportunities

Opportunities for face-to-face Mandatory Safeguarding Training will be held at the Bishop Bede Heather Centre Blacktown this coming February.

- Monday 5 February (9.30am – 2.30pm) – Modules 1-3: For those new to Parish Ministry or for those who have not yet completed the initial Cycle 1 training, or
- Monday 12 February (10am – 1.30pm) – Modules 4-5: Renewal Safeguarding Training is for those in Parish Ministry who commenced Cycle 1 Training two years ago.

Please register directly for this training or for other convenient dates and locations by clicking on the training event at: <https://parracatholic.org/connect/events/?series=safeguarding-training> or for more information, please email [safeguardingtraining@parracatholic.org](mailto:safeguardingtraining@parracatholic.org)

### Liturgical Ministry Course returns in 2024

The Liturgical Ministry Formation Courses will recommence in February 2024. This is formation for anyone interested in serving within the Liturgical Ministries either as Readers, Extraordinary Ministers of Communion, Communion to the Sick and Dying and Ministers at the Altar. If you are interested or would like more information, please contact the Office for Worship on 0460 037 795 or [mary.gale@parracatholic.org](mailto:mary.gale@parracatholic.org) or visit our website to download an enrolment form at <https://officeforworship.org.au/>

### ACU Memorial Mass and Public Lecture of St Josephine Bakhita: 8 February

Australian Catholic University and the Diocese of Parramatta are hosting a Memorial Mass on the feast day of St Josephine Bakhita, patron saint of South Sudan and victims of modern slavery and human trafficking, on Thursday 8 February at 12.30pm at ACU's St Josephine Bakhita Campus, Blacktown. Following Mass, Bishop Vincent Long OFM Conv will deliver the first *St Josephine Bakhita Public Lecture* on-campus. Both events are open to members of the public.

### **\*\*NEW DATE\*\*** Music for Lent Workshop: 8 February

Musicians and Liturgy Planners are invited to attend an evening exploring Music for Lent on **Thursday 8 February 2024** from 7pm to 8.30pm at the Bishop Bede Heather Centre, Blacktown. The session will be presented by Eric Grella, Music Formation Facilitator, Mission Enhancement Team. To RSVP, please contact [lucy.woodbury@parracatholic.org](mailto:lucy.woodbury@parracatholic.org) or call 0460 037 795 by 6 February 2024.

### Diocesan World Day of the Sick Mass: 10 February 2024

A Mass for the World Day of the Sick, including the Sacrament of the Anointing of the Sick, will be held at 11am on the Saturday of 10 February 2024 at St Patrick's Church, Mary, Queen of the Family Parish, Blacktown. All are welcome, including those who may be sick, and those who care for the sick and dying and health care professionals. RSVPs are required by 6 February 2024 to [mary.gale@parracatholic.org](mailto:mary.gale@parracatholic.org)

### Formation for those in Catholic healthcare: 10 February

Those interested in the healthcare ministry of the Church or are currently in healthcare are invited to a formation session exploring the importance of healing relationships in healthcare on Saturday 10 February at St Patrick's Church, Mary, Queen of the Family Parish, Blacktown. High school students and young adults considering professional careers in healthcare are especially welcome to attend this session. Please register your attendance by emailing [met@parracatholic.org](mailto:met@parracatholic.org) or for further information, please contact [Michael.Tan@parracatholic.org](mailto:Michael.Tan@parracatholic.org)

### Jamberoo Abbey 'Borrowing Tomorrow' Online Retreat: Beginning 18 February

Beginning 18 February, Jamberoo Abbey are hosting a series of online retreats themed around caring for our own heart which is reflected in how we care for our earth with a focus on Pope Francis' *Laudato Si'*. Sessions will be held each Sunday until Palm Sunday 24 March with short readings or stories weekly. The cost of the retreat is \$200, but do not hesitate to email if you are unable to manage the full cost. Register online today at [jamberooabbey.org.au/retreats/online-retreats](https://jamberooabbey.org.au/retreats/online-retreats). For enquiries and registration, contact [onlineretreat@jamberooabbey.org.au](mailto:onlineretreat@jamberooabbey.org.au).

### Christian Meditation Introduction and Renewal Day: 18 February

You are invited to a Christian Meditation Introduction and Renewal Day on Sunday 18 February from 10am to around 3pm at St Benedict's Monastery, 121 Arcadia Rd, Arcadia. There will be an introduction to Christian Meditation for newcomers with periods of meditation for ongoing meditators, presentations and prayer with the monks. Mass will be celebrated in the afternoon. Morning tea will be provided, but please bring your own picnic lunch. Donations are welcome. For enquiries, please contact Ann Lomas on [atlomas@bigpond.com](mailto:atlomas@bigpond.com) or call 0437 340 250. Accommodation enquiries can be addressed to Fr Michael Kelly on 0455 329 607.

### Marriage Preparation Courses in 2024

Getting married in 2024? Let the Diocese of Parramatta help you prepare. Visit [www.parracatholic.org/celebrate/marriage/marriage-preparation](https://www.parracatholic.org/celebrate/marriage/marriage-preparation) to view weekend course dates in the New Year, to book and pay. An online preparation called *SmartLoving* can also be booked via the website. For more information, email [met@parracatholic.org](mailto:met@parracatholic.org) or phone Karin on 0419 242 435 or Marisa on 0412 280 017.

### Celebrating Holy Week: Formation for Ministers of the Altar: 9 March

The Office for Worship presents 'Celebrating Holy Week' – a workshop for current Acolytes and Ministers at the Altar presented by Chris Ohlsen. It will be held on Saturday 9 March from 9:30am to 3pm at the Bishop Bede Heather Centre, Blacktown. To register or for more information, please contact [lucy.woodbury@parracatholic.org](mailto:lucy.woodbury@parracatholic.org) or call (02) 8838 3456 by 5 March 2024.



Dear brothers and sisters, *buongiorno!*

Today's Gospel shows us Jesus freeing a person possessed by an "evil spirit" (see Mk 1:21-28), tormenting and making them scream (see. vv. 23, 26). This is how the devil acts this is the way he acts: he wants to take possession of us in order to "enchain our souls." To enchain our souls: this is what the devil wants. We must be careful with the "chains" that suffocate our freedom, because the devil always takes away our freedom. Let us try to name some of the *chains* that can shackle our hearts.

I am thinking of addictions, which enslave us and make us constantly dissatisfied, and which devour our energies, goods, and relationships. Another chain I am thinking of is dominant trends that encourage the pursuit of impossible perfectionisms, consumerism, and hedonism, which commodify people and spoil relationships. And yet more chains: there are temptations and conditionings that undermine self-esteem, that undermine peacefulness, and the ability to choose and love life. Another chain is fear, which makes us look to the future with pessimism, and dissatisfaction, which always blames others. Then there is a very ugly chain, which is the idolatry of power, which generates conflicts and resorts to weapons that kill or uses economic injustice and thought manipulation.

Many are our chains, there truly are many in our lives. And Jesus came to free us from all these chains. Today, facing the devil who challenges him by shouting, "What have you to do with us? Have you come to destroy us?" (v. 24), Jesus answers, "Quiet! Come out of him!" (v. 25). Jesus has the power to drive out the devil. Jesus frees us from the power of evil but – let us be careful – he drives out the devil but he never negotiates with him! Jesus never negotiated with the devil and when he was tempted in the desert, Jesus' responses were always words from the Bible, never a dialogue. Brothers and sisters: with the devil there must be no dialogue!

Be careful: with the devil there can be no dialogue, because if you start speaking to him, he will always win. Be careful.

So, what should we do when we feel tempted and oppressed? Negotiate with the devil?

No: there must be no negotiating with him.

We must invoke Jesus: let us call on Him from those places where we feel that the chains of evil and fear are tightest.

Once more, by the power of His Spirit, the Lord wants to say to the evil one today: "Be gone, leave that heart in peace, do not divide the world, do not divide our families and communities; let them live serenely so that the fruits of my Spirit may flourish there, not yours- this is what Jesus says. Let love, joy, meekness reign among them, and instead of violence and shouts of hatred, let there be freedom and peace.

Let us ask ourselves: Do I really want to be freed from those chains that shackle my heart? And also, am I capable of saying "no" to the temptations of evil before they creep into my soul? Finally, do I invoke Jesus, allowing Him to act in me, to heal me from within?

May the Holy Virgin guard us from evil.

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### **After the Angelus**

Dear brothers and sisters,

For three years now, the cries of pain and the noise of weapons have replaced the smiles that used to characterize the people of Myanmar. I join the call of some Burmese bishops "in order that weapons of destruction may be transformed into instruments for the growth of humanity and justice." Peace is a journey, and I invite all parties involved to take steps in dialogue and to clothe themselves in understanding so that the land of Myanmar may reach the goal of fraternal reconciliation. The transit of humanitarian aid must be allowed, in order to ensure that the basic necessities of every person may be met.

The same must happen in the Middle East, in Palestine and Israel, and wherever there is conflict: the populations must be respected! I always think intensely of all victims, especially of those who are civilians, who are killed by the war in Ukraine. Please, listen to their cry for peace: it is the cry of the people, who are tired of violence and want the war to stop. It is a disaster for the peoples and a defeat for humanity!

I have been relieved to learn about the release of the nuns and of the other people who were kidnapped with them in Haiti last week. I ask that those who are still being held captive be set free, and that every form of violence may cease.

Everyone must contribute to the peaceful development of this country, for which renewed support from the international community is needed.

I would like to express my closeness to the community of the church of Santa Maria in Istanbul, which suffered an armed attack during Mass that caused one death and left several injured.

Today we celebrate World Leprosy Day. I encourage those who are engaged in granting assistance to and in the social reintegration of the people affected by this disease, which, despite its decline, is still one of the most feared diseases and affecting the poorest and most marginalized.

Greetings to all of you who have come from Rome, Italy, and many parts of the world. In particular, the students of the "Punto Ajuda" Institute in Olivenza (Spain) and those of the "Sir Michelangelo Refalo" Institute in Gozo.

Now I address you, boys and girls of the Catholic Action, of the parishes and Catholic schools in Rome. You have come here at the end of the "Caravan of Peace," during which you have reflected on the call to be guardians of Creation, which is a gift from God. Thank you for your presence! And thank you for your commitment to building a better society.

Now let's listen to the message that your friends, who are here by my side, will read.

*[Reading of the message]*

I wish everyone a good Sunday. Please, do not forget to pray for me. You see that young people, the children of Catholic Action, are good! Take courage! Have a good lunch, and *arrivederci!*

## **POPE FRANCIS' FEBRUARY PRAYER INTENTION: FOR THE TERMINALLY ILL** *By Deborah Castellano Lubov*

Pope Francis releases his prayer intention for the month of February 2024, and invites everyone to pray for the terminally ill and their families. Pope Francis' monthly prayer intention this February is for the terminally ill and their families.

The Pope invited the Church to pray for this intention in this month's *The Pope Video*, which is entrusted to the entire Catholic Church through the Pope's Worldwide Prayer Network.

This month's Video comes during the month in which the Church observes the liturgical memorial of Our Lady of Lourdes, 11 February, on which the World Day of the Sick takes place. Pope Francis explains that "when some people talk about terminal illnesses, there are two words they often confuse: incurable and un-'carable.' But they are not the same."

### **Caring even if cannot cure**

He cites his predecessor Pope St. John Paul II, in saying, "Cure if it is possible; always take care."

The images from The Pope Video for February exemplify situations showing love and tenderness for the terminally ill, and depending on how they are interpreted, depict a series of failures or successes, the failures being "if the only acceptable outcome is a cure," and successes instead being "if the objective is the care of the patient."

Pope Francis explains clearly that even when little chance for a cure exists, "every sick person has the right to medical, psychological, spiritual and human assistance."

"Healing," he acknowledges, "is not always possible, but we can always care for the sick person, caress them."

### **Guarantee of closeness and support**

Reflecting on the importance of palliative care, Pope Francis reaffirms that such care "guarantees the patient not only medical attention," but also "human assistance and closeness."

Meanwhile, when speaking about the role of the family, he underscores that those suffering "should not be left alone in these difficult moments." The role of the family "is decisive," the Pope said, stressing relatives "need access to adequate means so as to provide appropriate physical, spiritual and social support."

Pope Francis concludes by asking for prayers and a commitment from everyone so that "the terminally ill and their families always receive the necessary medical and human care and assistance."

### **The Pope's Worldwide Prayer Network**

*The Pope Video* is an official global initiative with the purpose of disseminating the Holy Father's monthly prayer intentions. It is carried out by the Pope's Worldwide Prayer Network (Apostleship of Prayer). Since 2016, The Pope Video has had more than 203 million views across all the Vatican's social networks and is translated into more than 23 languages, receiving press coverage in 114 countries.

The videos are produced and created by The Pope Video Prayer Network team, coordinated by Andrea Sarubbi, and distributed by La Machi Communication for Good Causes. The project is sponsored by Vatican Media. For more information: The Pope Video. The Pope's Worldwide Prayer Network is a Vatican foundation, with the mission of mobilizing Catholics through prayer and action in response to the challenges facing humanity and the mission of the Church. These challenges are presented in the form of prayer intentions entrusted by the Pope to the entire Church.

## **POPE FRANCIS' ADDRESS: BLESS THE PERSON, NOT THE UNION** *By Joseph Tulloch*

In an address to the plenary assembly of the Dicastery for the Doctrine of the Faith, Pope Francis discusses the Sacraments, human dignity, evangelisation, and *Fiducia* supplicants.

Pope Francis addressed the Dicastery for the Doctrine of the Faith on Friday, as the department brought its annual plenary assembly to a close.

Thanking officials for their "precious work", the Pope recalled that, in his 2022 reform of the Roman Curia, he divided the Dicastery into two sections, one concerned with Doctrine and the other with Discipline.

It was the former subject, the Pope said, that he wanted to touch on in his address, and he offered a number of thoughts organised around three words: 'Sacraments', 'dignity', and 'faith'.

### **New document from DDF**

The first word that Pope Francis touched on in his address was 'Sacraments'.

The Sacraments, he said, "feed and make grow the life of the Church", he said, and thus require "special care" on the part of those who administer them.

"Let us," the Pope urged the DDF officials, "love and cherish the beauty and saving power of the Sacraments!"

Pope Francis then moved on to discuss dignity, noting that the DDF is "working on a document on this subject."

"I hope," he said, "that it will help us, as a Church, to always be close to all those who, without fanfare, in concrete daily life, fight and personally pay the price for defending the rights of those who are disregarded."

### **Proclaiming the Gospel today**

The Pope's third subject, faith, was the one he dwelt on for the longest period.

"We cannot hide the fact," he said, "that in large areas of the planet, faith, as Benedict XVI put it, no longer constitutes an obvious prerequisite for common living." Indeed, Pope Francis noted, faith is often "denied, mocked, marginalised, and ridiculed." The proclamation and communication of faith in today's world, he said, must therefore take a number of factors into account. In particular, Pope Francis specified the "new urban cultures, with their many challenges but also the unprecedented questions of meaning they raise", the need for "missionary conversion of ecclesial structures", and, finally, "the centrality of *kerygma* ['proclamation'] in the life and mission of the Church."

"It is here," the Pope said, "that help is expected from this Dicastery."

### **Pastoral blessings**

It was "in this context of evangelisation," Pope Francis continued, that he wanted to mention the recent Declaration *Fiducia* supplicants. The purpose of the "pastoral and spontaneous blessings" discussed in the Declaration, the Pope stressed, is to "concretely show the closeness of the Lord and the Church to all those who, finding themselves in different situations, ask for help to continue—sometimes to begin—a journey of faith."

In this regard, the Pope emphasized two points.

Firstly, he said, "these blessings, outside of any liturgical context and form, do not require moral perfection to be received."

Secondly, he noted, "when a couple spontaneously approaches [a minister] and asks for them, he is not blessing the union, but simply the people who together have requested it."

"Not the union," the Pope stressed, "but the persons, naturally taking into account the context, sensitivities, the places where one lives, and the most appropriate ways to do it."

## 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](http://www.olol7hills.org.au)

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

### 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 the parish office to organise a meeting with Fr Henry. 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. Names will be published for 4 weeks at a time.



### LOURDES OVER 50s GROUP

Over 50s meeting Thursday 8th February 2024, 10.30am– 1pm. Please bring a plate to share. Look forward to seeing you there.

### Lourdes: Luminate Young Adults Group

Wishes you a Merry and Blessed Christmas. The next group night will be in early 2024. If you would like more information please kindly contact Ian Epondulan: [youtholol7h@gmail.com](mailto:youtholol7h@gmail.com)

### LOURDES PLAYGROUP

Our Lady of Lourdes Parish playgroup is a fun playtime for children aged 0 to 5 years old and their carers. It is held every Friday morning during school terms 9.30am-11.30am in the Parish Meeting Room. For further information please contact Maria Hosni 0432 174 056 or the Parish Office.

### FREE ZUMBA CLASSES

Every Tuesday and Thursday 6.00pm-7.00pm in the Hall. Everyone Welcome!

### LEGION OF MARY

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

### Christ Catholic Community Prayer Group

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

### 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>

### 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.

### OLOL PARISH CALENDAR

#### FEBRUARY

4	Sacramental Program 2024 Enrolment Mass	9.30am
8	Over 50's Meeting	10.30am
11	OLOL Feast Day Mass & Celebrations	9.30am
14	Ash Wednesday Mass	8am, 9.15am 7.30pm

## OLOL MINISTRY ROSTER

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

### 3/4 February 2024

Acolytes	Vigil: Abel Do Rosario 8am: Jane Seaman 9.30am Eugene Miu	
Ministers	Vigil: C.Gonzales, N.Shami 8am: F. Balabat, F.Paiva 9.30am: P.Gow, C.Brooks	
Readers	Vigil: N.Do Rosario, J.Sarmiento 8am: J.Irudayaraj, K.Walker 9.30am: R.Epondulan, A.Hye Rin Han	
Altar Servers	Vigil: Saoirse & Sebastian Costello, E.Reardon 8am: Volunteers 9.30am: M.Glucic, Volunteers	
Morning tea (after 9.30am Mass)	Tongan Choir	
Flowers	Team	
Church Cleaning	10 Feb	Tongan Community
Welcomers	Vigil: Helen Gonzales 8am: Volunteer 9.30am: Kathy Chamberlain	

### 10/11 February 2024

Acolytes	Vigil: Derick Soares 8am: Jerome Irudayaraj 9.30am Faylene Kennedy	
Ministers	Vigil: A.Bellissimo, R.Soaes 8am: Edith Gartner, Ernie Gartner 9.30am: S.Manamperi, A.Walker	
Readers	Vigil: L.Bellissimo, C.Rodrigues 8am: A.McNally, B.Motha 9.30am: M.Aquino, N.Arambulo	
Altar Servers	Vigil: D.Sant, J.Sant, A.Spadaro 8am: Volunteers 9.30am: S.Culili, J.Kingston, A.Melki	
Morning tea (after 9.30am Mass)	OLOL FEAST DAY	
Flowers	Team	
Church Cleaning	15 Feb	Cathy Hutchings Annette Peatman
Welcomers	Vigil: Volunteer 8am: Suzy Nemorin 9.30am: Volunteer	



# The Kids' Bulletin

## Fifth Sunday in Ordinary Time

**February 4th, 2024**



*At the end of today's Gospel reading, Jesus tells Simon that they will go to the nearby villages to preach.  
Can you find your way through the maze to the nearby village?*

## Jesus Heals Many Sick People

Answers: sick, pray,  
help, heals, fever

## Jumble



VEFER

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ELPH

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RPAY

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ICSK

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1	2	3	4	5



## Jesus Ministers in Galilee

So he traveled throughout Galilee, preaching in their synagogues and driving out demons. Mark 1:39

Based on Mark 1:29-39



V S H Z X U C N P N O D N J S  
I I Z J C R R T Q E M K K J I  
L M V J E H D B E D O C G F C  
L O I O X P N E Q B S P I C V  
A N P P S I C K R L Y D L Z Y  
G L R J Z W E W K R N X J E N  
E V E N I N G H O A A A G O G  
S C A V D Z X O H R G N H Y U  
X Q C O X A D E L Q O D E W J  
H T H R Q T O W N C G R L S A  
U E R J K Q T I E O U E P U M  
T J A H E R Y U P T E W E N E  
F O D L L S D E M O N S D S S  
M H H B E I U H S M I U F E J  
R N Z E A D P S F E V E R T A

FEVER	SIMON	HAND	DOOR	ANDREW
SUNSET	VILLAGES	PREACH	BED	DEMONS
JOHN	SYNAGOGUE	PEOPLE	JESUS	HELPED
HEALED	TOWN	EVENING	JAMES	SICK



- \_\_\_ 1. A place of meeting for worship in the Jewish faith  
A. town B. village C. home D. synagogue
- \_\_\_ 2. The time of day when the sun disappears below the horizon  
A. morning B. sunset C. dawn D. sunrise
- \_\_\_ 3. To cure from sickness or disease  
A. sick B. prayer C. heal D. preach
- \_\_\_ 4. A condition when the body temperature is higher than normal  
A. demons B. synagogue C. healed D. fever
- \_\_\_ 5. The body part used for holding things  
A. feet B. head C. hand D. leg
- \_\_\_ 6. To be ill or have a disease  
A. demons B. sick C. bed D. hand
- \_\_\_ 7. Evil spirits  
A. diseases B. sick C. fever D. demons
- \_\_\_ 8. To give assistance; to aid  
A. help B. preach C. hand D. synagogue
- \_\_\_ 9. To deliver a sermon  
A. help B. fever C. heal D. preach
- \_\_\_ 10. A piece of furniture for sleeping  
A. chair B. synagogue C. bed D. table