



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 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: 17th April 2024
Baptism: 28th April 2024
Sacrament Co-Ordinator: Mrs Artelle Lenthall
Parish Website: www.olol7hills.com.au
Facebook <https://www.facebook.com/OLOL7Hills/>

The Easter Vigil in the Holy Night

Easter Sunday of the Resurrection of the Lord

30/31 MARCH 2024 • YR B



Let us Pray for the Sick

Leonila Ahillon, Florence Arinanan, Mary Attard, Marija & Family Barclay, Rosella Booth, Penny Briscoe, Para Dias, Florence & Roslyn, Ronald Fountain, Julian Gasperini, Ronald Gomez, Anthony Janicska, Paul Leong, Damian & Roslyn McNally, Blago Milicevic, Carlos Moreno, Debra Price, Camy Ratnam, Eustace Ratnam, Sue Tipaldo, Sr Colleen O'Sullivan.

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: Mila Acosta, Emma Barriom, Barrie Chamberlain, Lila Bate, Ben Benjabutr, Dulcie Duraisamy, Jasmin Fernando, Alberto Fernandez, Mally S. Hatch, Fr Tony Kelly, Marie Marchand, Jossie Marie Manalac, Angela Michael, Mario Mirador, Gloria Momblan, Vinh Hoa Nguyen, Joemar Noquera, Alaoma Okoro Ogbulachi, Perl Perera, Antonio Solis Palmos, Lorna Wettasinha.

Anniversaries: Fe Licup Carmen, Catherine Chandra, Rosario Cabasa, John Fernando, M.A Fernando, Mr C Francis & Mrs J Francis, Francisca Garcia, Zoltan Gartner, Sr Gizella Gartner, Josephine Gomez, Rosine Laffeur, Rita Leon, Albert Moroney, Irene Moroney, Thomas Morrissey, Gil Opina, Cordula Paiva, John Francis Ratnam, Jose Reyes, Cornelio & Iluminada Rondario, Maria Trinh, Alison Vella, Melchor Usman, Arsenio Laberinto Udan, Pastora Villarta.

Remembrance: Neil Amaratunga, France Angseeing, Carmen Attard, Roy, Mary & Des Barney, Frank & Fortunata Baiada, Sam Borg, Saviour Caruana, Fe Licup Carmen, Tania McGove, Sam & Silvia Debattista, Carmen, Jimmy, Tony, Tania, Vivian, Joe & Lancer De Guire, Nevis Fernando, Maximilian & Julian Epondulan, Sam Gabo, Pru Farncomb, Melvyn Fernandes, Mary & Sam Galea, Julian Gasperini, Constance Gaycroft, Selvam Irudayaraj, Pauline Meilak, Mangion Family, Sashin Patrick Manamperi, Maureen & John Mead, Mary Mifsud, Emilia & William Mifsud, Anton & Lourda Motha, Louis & Stephen Mula, Mary & Francis Muscat, John & Roseline Ratnam, Eamon & John O'Sullivan, Jonathan Tek Kie, Alloysius Welangoala, Shane Vaz, Vinnie Zahra, The Holy Souls in Purgatory.

*Names are to be submitted to the Parish Office on or before a Thursday and will be published for 4 weeks at a time.

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.olol7hills.org.au

**THE EASTER VIGIL
IN THE HOLY NIGHT**

FIRST READING

A reading from the book of Genesis 1:1-2:2

God saw all that he had made, and indeed it was good.

RESPONSORIAL PSALM

(Response) Lord, send out your Spirit,
and renew the face of the earth.

SECOND READING

A reading from the book of Exodus 14.15-15.1

*Tell the children of Israel to march on, to walk through
the sea on dry ground.*

RESPONSORIAL PSALM

(Response) Let us sing to the Lord;
he has covered himself in glory.

THIRD READING

A reading from the prophet Isaiah 55:1-11

*Come to me and your soul will live. With you I will make
an everlasting covenant.*

EPISTLE

A reading from the letter of St Paul to the Romans

6:3-11

*Christ, having been raised from the dead, will never die
again.*

GOSPEL ACCLAMATION

Alleluia, Alleluia, Alleluia.

GOSPEL

A reading from the holy Gospel according to Mark

16:1-7

*He has risen from the dead and now he is going before
you to Galilee.*

**EASTER SUNDAY of the
RESURRECTION of the LORD**

FIRST READING

A reading from the Acts of the Apostles 10:34, 37-43

*We have eaten and drunk with him after his
resurrection from the dead.*

RESPONSORIAL PSALM

(Response) This is the day the Lord has made;
let us rejoice and be glad.

SECOND READING

A reading from the letter of St Paul to the Colossians

3:1-4

Look for the things that are in heaven, where Christ is.

GOSPEL ACCLAMATION

Alleluia, Alleluia! Christ has become our paschal
sacrifice; let us feast with joy in the Lord. Alleluia!

GOSPEL

A reading from the holy Gospel according to John

20:1-9

*The teaching of scripture is that he must rise from the
dead.*

BISHOP VINCENT'S EASTER MESSAGE 2024

We invite families to watch Bishop Vincent's Easter Message for 2024.

It can be viewed here <https://youtu.be/3ghTzBEYqQA>

FROM FR. HENRY



Dear friends,

During the time of the Holy Week and Easter in the Church, the name of Egeria often appears as a point of reference for the Church liturgy, for she has left us a precious journal recounting her trip to Jerusalem in the fourth century, and her account gives us her readers today a glimpse into the celebrations of the Holy Week and Easter there in the early days of the Church, the ones which inspired so much our Roman Church and since have enriched our Holy Week and Easter liturgies.

Though we don't know exactly who she was, Egeria based on her writings, probably came from either the region of Alicia in Spain or the southern part of France, and she had to be well-connected, wealthy and educated, since she was able to afford her long journey not just to the Holy Land and other places in the world, meet with local notable acquaintances, and brilliantly put her travel experiences in writings.

According to Egeria, the Easter Vigil in Jerusalem began in mid-afternoon on Holy Saturday with final preparations for adult catechumens. While their baptism was taking place, the rest of the congregation kept vigil. Then, when the neophytes or newly baptised were led into the church, all joined in the Eucharistic celebration.

In the Gospel for the Easter Vigil, Mark singles out Mary of Magdala, Mary the mother of James and Salome as the first people who were given the privilege to receive the great news of Jesus' resurrection from the angel and tasked with the mission to inform Peter and other disciples.

In John's Gospel, the evangelist just mentioned the name of Mary of Magdala as the first person who came to visit Jesus' tomb and discovered the removal of the stone sealing the tomb. She came home to report it to Peter and John, who then ran together to the tomb. John ran faster and reached the place first, because he, of course, was younger than his senior friend. Though he reached the tomb first, he decided to stay outside to observe the tomb from outside and saw Jesus' linen cloths left lying on the ground. When Peter arrived later, entered inside and saw the cloth wrapping Jesus' head rolled up and left not in the same place with the linen cloths. Most significantly John summed up his experience with five inspiring words, '*he saw and he believed*' meaning he saw Jesus' empty tomb with all the linen cloths wrapping his body left behind, and he believed in his teaching, and he had the courage to admit that he and Peter failed to understand Jesus' prediction about his Resurrection.

Let us give praise and thanks to God (1) for sending Jesus, his Son to free us from sinful slavery through his Death and give us a share in eternal life through his Resurrection, and also (2) for giving us those committed and trustworthy eye witnesses to pass on to us the precious faith in the Crucified and Risen Lord through what they saw and believed, pray that the grace of Easter will help strengthen our faith and make us more committed witnesses to the Risen Christ.

Have a very happy Easter,

Fr Henry

PARISH NEWS...

HOLY WEEK AND EASTER THANK YOU

Many thanks to our ministers and volunteers for their very generous contributions to make our Lent, Holy Week and Easter liturgies wonderful celebrations for our parishioners to pray and celebrate.

2024 SACRAMENT OF CONFIRMATION

Parents wishing to enrol their Year 6 (or above) child in the 2024 Confirmation Process, there will be an Information Meeting in the Parish Hall on Wednesday 3rd of April 6.30-7.30pm. The Sacrament of Confirmation will be celebrated on Friday 31st May this year.

DRIVING CONCERNS

One of our neighbours has sent to our Parish Office an email reminding our parishioners of two important matters as following: 1/Please put the indicators on to indicate which way to go when we exit the carpark, 2/ Elizabeth Lane is a NO STOPPING area, so we should never stop there. Thank you all, Fr Henry

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, place it in the collection plate or return it to Fr Henry, and the Parish office will contact you.

ANNIVERSARY THANKSGIVING MASS

Ian & Michelle Epondulan invite all to join them to celebrate the 1st Year Anniversary Thanksgiving Mass for their eldest child, Julian Samuel Epondulan, born into eternal life a year ago, on Easter Tuesday, 2nd of April 2024 7:30pm at Our Lady of Lourdes Parish Seven Hills.

PROJECT COMPASSION BOX

Please return your Project Compassion box to the parish and if possible, you would help the Parish a great deal if you could count your donation and change it to bank notes to make it easier for our counters to handle. Thank you so much for your generosity.

PARISH PASTORAL COUNCIL MEETING

A gentle reminder to all members of our Parish Pastoral Council of our monthly meeting at 7.30pm on Wednesday April 10 in the Parish Meeting room.

EASTER OFFERING

Easter is a special time when we come together as a parish family to remember the death and Resurrection of our saviour, Jesus Christ. Our parish relies on the generosity of our faith community to sustain our liturgical, sacramental, pastoral, and charitable ministries and we are ever grateful for your support.



Synod 2023 Update:

Decree issued and Development of Diocesan Plan Begins

In January, the Synodal Decree from our inaugural Diocesan Synod was issued, enabling us to move forward in the development of a Diocesan Plan. Join us in the next phase of our journey, as we discern a new path forward for our local Church in Western Sydney and Blue Mountains. The Diocesan Plan for a Synodal Church will launch at the Diocesan Gathering Saturday 10 August. Learn more at parracatholic.org/synod

Exploring Music for the Solemnities following Easter: 30 April and 2 May

All are invited to the next music workshop organised by the Office for Worship and presented by Eric Grella. This workshop is perfect for all parish musicians and also for anyone who wishes to learn more about music for the Solemnities after Easter. As there has been a large interest in these workshops there will be 2 locations!!

- 30 April at the Bishop Bede Heather Centre, Blacktown from 7pm
 - 2 May at St Nicholas of Myra Parish, Penrith from 7pm
- RSVP by 28 April to lucy.woodbury@parracatholic.org or 0460 037 795.

Young Adult Faith Formation: 7 April

Young Adult Faith Formation sessions continue on Sunday 7 April at The Hustle (Unit 4, 4-6 Purdy Rd Minchinbury) at 7pm. The speaker is Dr Rev Paschal Corby who will talk about and lead discussion on the bioethics of IVF and contraception. All adults 18-35 are encouraged to come along and enjoy some faith formation, pizza and fellowship! If you have any questions please call Mark on 0477004687.

Glenbrook Parish Roof Restoration Fundraising Concert: 14 April

St Finbar's Parish, Glenbrook, invite you to a fundraising concert with the Sydney Male Choir on Sunday 14 April at 2pm in the parish church. Come and enjoy the music and at the same time, support the restoration of the Church roof, with at least \$5 going to St Finbar's Roof Restoration Fund for every ticket sold. Tickets are \$35 and can be purchased online at www.sydneymalechoir.com or at the door.



**Easter Sunday
31 March**

Happy Easter from all at Caritas Australia!

Thank you for your continued support through Project Compassion. Together, we can help vulnerable communities face their challenges today and build a better tomorrow **for all future generations.**

**Thank you for supporting Caritas Australia's
Project Compassion 2024 Lenten appeal.**

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



2024 Diocese of Parramatta Holy Week Mass Times

Holy Week Mass and Reconciliation Times from parishes across Western Sydney and the Blue Mountains are available now on our Diocesan website (www.parracatholic.org) and on Catholic Outlook (www.catholicoutlook.org). Let us embrace the hope, love and joy that this season brings.

Easter | Autumn 2024 Catholic Outlook Magazine out now!

The Easter | Autumn 2024 edition of the Catholic Outlook Magazine is out now! This edition invites us to practise silence, deepen our interior lives and pray for a Gospel change of heart, how our communities celebrate Easter, seminarians preparing to 'go out into the deep', a handy Holy Week Mass Times guide, plus so much more. Pick up your free copy from parishes and offices across Western Sydney and the Blue Mountains today or read it online via catholicoutlook.org/magazine

Safeguarding Face-to-face Training Opportunities

The next session of face-to-face Mandatory Safeguarding Training will be held on Saturday 27 April at Our Lady of the Way Parish, Emu Plains, for Modules 4 and 5. More training opportunities will be available throughout May. 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>

NEW Diocesan website launched

The new 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!

Central Europe Pilgrimage with Fr Joseph Lam OSA: May 2025

Cosmos Tour Operators are organising a Central Europe tour for 17 days from 8 to 24 May 2025, travelling through Germany, Poland, Slovakia, Hungary, Austria and Czechia, accompanied by Fr Joseph Lam OSA from St Finbar's Parish, Glenbrook. Prices start from \$5,076 per person, excluding flights. For more information, or to register your interest, please contact the parish office on secretary@stfinbars.org.au.

Free Online Formation on Synodal Spirituality

Dive into 'Synodal Spirituality' with this FREE online short formation course, taught by Sr Patty Andrew OSU. Part of the FaithLIFE series hosted by the Mission Enhancement Team, the course discusses communal discernment, active engagement, and creative faith responses to challenges in the mission of the Church today. Enrol now and take part in Pope Francis's vision for a synodal Church:

<https://pfparra.thinkific.com/courses/synodal-spirituality/>

Christ the King Primary Jubilee Celebrations

Staff, students, families and parishioners past and present are invited to celebrate the golden jubilee of Christ the King Primary School, North Rocks.

- A Jubilee Family Picnic will be held on Sunday 19 May at Don Moore Reserve, NorthRocks, from 11.30am. You can RSVP here: <https://forms.gle/k6hua7LiwZKBMP3o6>
- A Jubilee Dinner (over 18s) will be held on 29 June at The Epping Club, Epping, from 6pm. Cost is \$99 per person and includes food and beverages. Tables are of 10-12 attendees. You can RSVP here: <https://forms.gle/hmeBwoEM9qusMhG87>

For any further information, please contact Erin Wynne, at ewynne@parra.catholic.edu.au or the school office on (02) 8846 2700 or email northrocks@parra.catholic.edu.au



The women thought they would find a body to anoint; instead they found an empty tomb. They went to mourn the dead; instead they heard a proclamation of life. For this reason, the Gospel tells us, the women “were seized with trembling and amazement” (Mk 16:8); they were filled with trembling, fear and amazement.

Amazement. A fear mingled with joy that took their hearts by surprise when they saw the great stone before the tomb rolled away and inside a young man in a white robe. Wonder at hearing the words: “Do not be afraid! You seek Jesus of Nazareth, who was crucified. He has risen” (v. 6). And a message: “He is going ahead of you to Galilee; there you will see him” (v. 7). May we too accept this message, *the message of Easter*. Let us go to Galilee, where the Risen Lord has gone ahead of us. Yet what does it mean “to go to Galilee”?

To go to Galilee means, first, *to begin anew*. For the disciples it meant going back to the place where the Lord first sought them out and called them to follow him. The place of their first encounter and the place of their first love. From that moment on, leaving their nets behind, they followed Jesus, listening to his preaching and witnessing the miracles he performed. Yet, though they were always with him, they did not fully understand him. Frequently they misunderstood his words and in the face of the cross they abandoned him and fled. Even so, the Risen Lord once more appears as the one who goes ahead of them to Galilee. He precedes them. He stands before them and constantly calls them to follow him. He says to them: “Let us start over from where we began. Let us begin anew. I want you to be with me again, in spite of everything”. In this Galilee, we learn to be amazed by the Lord’s infinite love, which opens new trails along the path of our defeats. This is how the Lord is: he creates new paths on the road of our defeats. This is how he is; and he invites us to Galilee to do this.

This is the first Easter message that I would offer you: *it is always possible to begin anew*, because there is always a new life that God can awaken in us in spite of all our failures. From the rubble of our hearts – and each one of us knows the rubble of our hearts – God can create a work of art; from the ruined remnants of our humanity, God can prepare a new history. He never ceases to go ahead of us: in the cross of suffering, desolation and death, and in the glory of a life that rises again, a history that changes, a hope that is reborn. In these dark months of the pandemic, let us listen to the Risen Lord as he invites us to begin anew and never lose hope.

Going to Galilee also means *setting out on new paths*. It means walking away from the tomb. The women were looking for Jesus in the tomb; they went to recall what they had experienced with him, which was now gone forever. They went to indulge in their grief. There is a kind of faith that can become the memory of something once beautiful, now simply to be recalled. Many people – including us – experience such a “faith of memories”, as if Jesus were someone from the past, an old friend from their youth who is now far distant, an event that took place long ago, when they attended catechism as a child. A faith made up of habits, things from the past, lovely childhood memories, but no longer a faith that moves me, or challenges me. Going to Galilee, on the other hand, means realizing that faith, if it is to be alive, must get back on the road. It must daily renew the first steps of the journey, the amazement of the first encounter. And it must continue to trust, not thinking it already knows everything, but embracing the humility of those who let themselves be surprised by God’s ways. We are usually afraid of God’s surprises; we are always worried that God will surprise us. And today the Lord invites us to let ourselves be surprised. Let us go to Galilee, then, to discover that God cannot be filed away among our childhood memories, but is alive and filled with surprises. Risen from the dead, Jesus never ceases to amaze us.

This, then, is the second message of Easter: faith is not an album of past memories; Jesus is not outdated. He *is alive here and now*. He walks beside you each day, in every situation you are experiencing, in every trial you have to endure, in your deepest hopes and dreams. He opens new doors when you least expect it, he urges you not to indulge in nostalgia for the past or cynicism about the present. Even if you feel that all is lost, please, let yourself be open to amazement at the newness Jesus brings: he will surely surprise you.

Going to Galilee also means *going to the peripheries*. Galilee was an outpost: the people living in that diverse and disparate region were those farthest from the ritual purity of Jerusalem. Yet that is where Jesus began his mission.

There he brought his message to those struggling to live from day to day, the excluded, the vulnerable and the poor. There he brought the face and presence of God, who tirelessly seeks out those who are discouraged or lost, who goes to the very peripheries of existence, since in his eyes no one is least, no one is excluded. The Risen Lord is asking his disciples to go there even now: he asks us to go to Galilee, to the real “Galilee” of daily life, the streets we travel every day, the corners of our cities. There the Lord goes ahead of us and makes himself present in the lives of those around us, those who share in our day, our home, our work, our difficulties and hopes. In Galilee we learn that we can find the Risen One in the faces of our brothers and sisters, in the enthusiasm of those who dream and the resignation of those who are discouraged, in the smiles of those who rejoice and the tears of those who suffer, and above all in the poor and those on the fringes. We will be amazed how the greatness of God is revealed in littleness, how his beauty shines forth in the poor and simple.

And this is the third message of Easter: Jesus, the Risen Lord, loves us without limits and is there at every moment of our lives. Having made himself present in the heart of our world, he invites us to overcome barriers, banish prejudices and draw near to those around us every day in order to rediscover the *grace of everyday life*. Let us recognize him here in our Galilees, in everyday life. With him, life will change. For beyond all defeats, evil and violence, beyond all suffering and death, the Risen One lives and guides history.

Dear sister, dear brother: if on this night you are experiencing an hour of darkness, a day that has not yet dawned, a light dimmed or a dream shattered, go, open your heart with amazement to the message of Easter: “Do not be afraid, he has risen! He awaits you in Galilee”. Your expectations will not remain unfulfilled, your tears will be dried, your fears will be replaced by hope. For the Lord always goes ahead of you, he always walks before you.

And, with him, life always begins anew.

POPE FRANCIS AT AUDIENCE Cycle of Catechesis. Vices and Virtues. 11. *Virtuous action*

Dear brothers and sisters, good morning! After having concluded our overview of vices, it is now time to take a look at the flip side, which is in opposition to the experience of evil. The human heart can indulge evil passions, it can pay heed to harmful temptations disguised in persuasive garb, but it can also oppose all of this. However arduous this may be, the human being is made for goodness, which truly fulfils him, and he is also able to practise this art, causing certain dispositions to become permanent in him or her. Reflection on this wondrous possibility of ours forms a classic chapter in moral philosophy: the chapter of *virtue*. The Roman philosophers called it *virtus*, the Greeks *aretè*. The Latin term highlights above all that the virtuous person is strong, courageous, capable of discipline and asceticism. Thus, the practise of virtues is the fruit of long germination, requiring effort and even suffering. The Greek word, *aretè*, instead indicates something that excels, something that emerges, that elicits admiration. The virtuous person therefore does not become warped by distortion, but remains faithful to his own vocation, fully realizing himself. We would be off-course if we thought that saints were the exceptions of humanity: a sort of restricted circle of champions who live beyond the limits of our species. Instead, from the perspective we have just introduced regarding virtues, saints are people who become themselves fully, who fulfil the vocation proper to every man or woman. What a happy world it would be if justice, respect, mutual benevolence, kindness of heart and hope were the shared normality, and not a rare anomaly! This is why, in these dramatic times of ours in which we often have to come to terms with the worst of humanity, the chapter on virtuous action should be rediscovered and practised by all. In a distorted world, we must remember the form in which we were shaped, the image of God that is forever imprinted upon us. But how can we *define* the concept of virtue? The Catechism of the Catholic Church offers us a precise and concise definition: "A virtue is an habitual and firm disposition to do the good" (no. 1803). It is therefore not an improvised or somewhat random good that falls from heaven sporadically. History shows us that even criminals have performed good deeds in moments of lucidity. These deeds are certainly inscribed in the "book of God", but virtue is something else. It is a goodness that stems from the slow maturation of a person, to the point that it becomes an inner characteristic. Virtue is a *habitus* of freedom. If we are free in every action, and we are called to choose between good and evil each time, then virtue is what enables us to have a tendency towards the right choice. If virtue is such a beautiful gift, a question immediately arises: *how can we obtain it?* The answer to this question is not simple, it is complex. For the Christian, the first aid is God's *grace*. Indeed, the Holy Spirit acts in us who were baptized, working in our soul to lead it to a virtuous life. How many Christians have reached holiness through tears, finding they could not overcome some of their weaknesses! But they experienced that God completed their work of good which for them had been only a rough sketch. Grace always precedes our moral commitment. Moreover, we must never forget a very rich lesson from the wisdom of the ancients, which tells us that *virtue grows and can be cultivated*. And for this to happen, the first gift to ask of the Spirit is precisely *wisdom*. The human being is not a free territory for the conquest of pleasures, emotions, instincts and passions, without the ability to do anything against these sometimes chaotic forces, that dwell within. A priceless gift we possess is open-mindedness. It is the wisdom that can learn from mistakes in order to direct life well. It also takes good will: the capacity to choose the good, to form ourselves with ascetic exercise, shunning excesses. Dear brothers and sisters, this is how we begin our journey through the virtues, in this serene universe that is challenging, but decisive for our happiness.

POPE FRANCIS' LATEST MESSAGE TO YOUNG PEOPLE

Dear young people, Christ is alive and he wants you to be alive! This certainty always makes my heart overflow with joy, and now it inspires me to write you this Message, five years after the publication of the Apostolic Exhortation *Christus Vivit*, the fruit of the Assembly of the Synod of Bishops that had as its theme: "Young People, the Faith and Vocational Discernment". Above all, I would like my words to be a source of renewed hope for you. In today's world, marked by so many conflicts and so much suffering, I suspect that many of you feel disheartened. So together with you, I would like to set out from the proclamation that is the basis of our hope and that of all humanity: "Christ is alive!" I repeat this to each of you individually: Christ is alive and he loves you with an infinite love. His love for you is unaffected by your failings or your mistakes. He gave his life for you, so in his love for you he does not wait for you to be perfect. Look at his arms outstretched on the cross, and "let yourself be saved over and over again".^[1] Walk with him as with a friend, welcome him into your life and let him share all the joys and hopes, the problems and struggles of this time in your lives. You will see that the path ahead will become clearer and that your difficulties will be much less burdensome, because he will be carrying them with you. So pray daily to the Holy Spirit who "draws you ever more deeply into the heart of Christ, so that you can grow in his love, his life and his power".^[2] How greatly I want this proclamation to reach every one of you, for you to accept it as living and true in your own lives, and feel the desire to share it with your friends! For you have received a great mission: to bear witness before everyone to the joy born of friendship with Christ. At the beginning of my Pontificate, at the World Youth Day in Rio de Janeiro, I urged you to make your voices heard! *Hagan lio! Make a mess!* Today, once again, I ask you: make your voices heard! Proclaim, not so much in words but by your life and your heart, the truth that Christ is alive! And in this way, help the whole Church to get up and set out ever anew to bring his message to the entire world. On 14 April 2024, we will mark the fortieth anniversary of the first great gathering of young people that, in the midst of the Holy Year of the Redemption, was the seed of the future World Youth Days. In 1984, at the end of that Jubilee Year, Saint John Paul II consigned the WYD Cross to young people and gave them the mission of carrying it to the entire world as a sign and reminder that in Jesus alone, crucified and risen, do we find salvation and redemption. As you know very well, that was a plain wooden cross, not a crucifix, precisely in order to remind us that it celebrates the victory of the Resurrection, the triumph of life over death. To everyone, it says: "Why do you look for the living among the dead? He is not here, but has risen" (Lk 24:5). See Jesus in this same way: as alive and overflowing with joy, the victor over death, a friend who loves you and wants to live in you.^[3] Only in this way, in the light of his presence, will your memory of the past prove fruitful, you will find courage in the present and be prepared to face the future with hope. You will find the freedom you need to carry forward the history of your families, your grandparents, your parents, and the religious traditions of your countries, and to be in turn the leaders of tomorrow, "artisans" of the future. The Exhortation *Christus Vivit* is the fruit of a Church that wants to move forward together by listening, dialogue and constant discernment of the Lord's will. That is why more than five years ago, in preparation for the Synod on young people, many of you, from various parts of the world, were asked to share your own hopes and expectations. Hundreds of young people came to Rome and worked together for several days, collecting ideas to present to the Synod. As we read in the Final Document of the 2018 Synod, "the participation of the young helped to 'reawaken' synodality, which is a 'constitutive element of the Church'".^[4]

Dear young people, you are the living hope of a Church on the move! For this reason, I thank you for your presence and for your contribution to the life of the Body of Christ. And I encourage you never to leave us without your good way of "making a mess", your drive, like that of a clean and well-tuned engine, and your own particular way of living and proclaiming the joy of the risen Jesus! Rome, Saint John Lateran, 25 March 2024, Monday of Holy Week.

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/>

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 11th April 2024, 10.30am– 1pm in the Parish Hall. Please bring a plate to share. Look forward to seeing you there.

Lourdes: Luminate Young Adults Group

The next group night will be the 12th of April. If you would like more information please kindly contact Ian Epondulan: youtholol7h@gmail.com or search 'Lourdes 7Hills Young Adults' on Facebook.

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-11.00am 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

APRIL

3	Confirmation 2024 Information Meeting	6.30pm
10	Fr Henry's birthday	
11	Over 50's Group Meeting	10.30am
12	Lourdes: Luminate Young Adults Group Meeting	6.30pm
17	Baptism Meeting	7.30pm

OLOL MINISTRY ROSTER

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

EASTER 30/31 March 2024

Acolytes	Vigil: D.Soures,D.La Guidara, F.Kennedy 8am: Ernie Gartner 9.30am Sandy Manamperi	
Ministers	Vigil: L.Guidara, R.Soures 8am: E.Gartner, J.Irudayaraj 9.30am: C.Brooks, G.Basili	
Readers	Vigil: P.Ferriols, J.Nonato, C.Diaz, C.Rodrigues 8am: J.Cabasa, A.McNally 9.30am: B.Motha, A.Walker	
Altar Servers	Vigil: A.LaGuidara, C.LaGuidara, O.Martinez, J.Martinez 8am: Volunteers 9.30am: L.Sadipoor, K.Cassaniti	
Morning tea (after 9.30am Mass)	Parish Pastoral Council	
Musicians	Vigil: Christine Clarke 8am: Nina Arambulo & Chris Woodward 9.30am: Maximilian Chorale	
Flowers	Team	
Church Cleaning	4 April	Lourdes Spiteri
Welcomers	Vigil: Volunteer 8am: Volunteer 9.30am: Volunteer	

6/7 April 2024

Acolytes	Vigil: James Dinning 8am: Terry Jordan 9.30am Ryan Epondulan	
Ministers	Vigil: M.Mifsud, F.Paiva 8am: F.Balatbat, M.Santos 9.30am: B.Chandler, P.Gow	
Readers	Vigil: A.Punch, J.Sarmiento 8am: K.Walker, P.Ferriols 9.30am: A.Hye Rin Han, N.Arambulo	
Altar Servers	Vigil: Saoirse Costello, Sebastian Costello, J. Martinez, O.Martinez 8am: Volunteers 9.30am: C.Attard, L.Culili	
Morning tea (after 9.30am Mass)	Tongan Choir	
Musicians	Vigil: Youth for Christ 8am: Fr Henry & C.Woodward 9.30am: Couples for Christ	
Flowers	Fenty & Liz	
Church Cleaning	13 April	Tongan Community
Welcomers	Vigil: Ram Urge 8am: Volunteer 9.30am: Volunteer	

The Kids' Bulletin

Easter: True or False?

Easter Sunday
March 31st, 2024

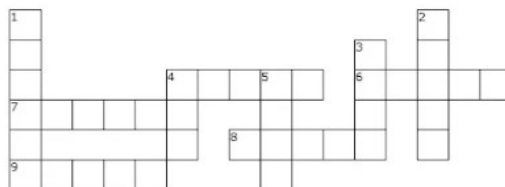
How well do you know the Easter Story?
See if you can figure out which of these are true and which are false.



Early on Easter morning some women went to the tomb and saw that Jesus' body was gone! Can you help the women find their way to the tomb?



1. After Jesus died on the Cross He was buried in a tomb for four days. True or false?
2. The first time the women went to the tomb on Easter morning, they saw Jesus' dead body in it. True or false?
3. Nobody went to Jesus' tomb until the afternoon on Easter Sunday. True or false?
4. At first when she saw Him, Mary Magdalen didn't recognize Jesus. True or false?
5. When Jesus rose from the dead, He could never die again. True or false?
6. With His resurrected body, Jesus could go through locked doors. True or false?
7. The disciples were not surprised when Jesus came back after He died, since they knew all along that was going to happen. True or false?



ACROSS

4. A piece of fabric made by weaving cotton, wool, or other fibers
6. Not dead
7. The day we celebrate Jesus' resurrection
8. To have nothing inside
9. What was used to cover the entrance to Jesus' tomb

DOWN

1. Messengers from heaven
2. The color of snow; the opposite of black
3. The woman who found the stone rolled away from Jesus' tomb
4. To produce tears; to weep
5. A grave or a room where someone is buried

The Resurrection

"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him." Mark 16:6 (NIV)

The puzzle is based on Mark 16:1-8



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

AFRAID	BODY	FIRST	DAY	CRUCIFIED
RISEN	MARY	TOMB	SPICES	ROLLED
SUNRISE	JESUS	WEEK	ANOINT	STONE

HE IS RISEN

Spot 8 differences between the two pictures.

