

# OUR LADY OF LOURDES

PARISH OF SEVEN HILLS

*"Still a wonderful place to pray & stay."*

**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](http://www.olol7hills.com.au)  
**Facebook** <https://www.facebook.com/OLOL7Hills/>

## Year B

**28th & 29th March, 2024**

# HOLY THURSDAY GOOD FRIDAY

### Entrance Antiphon

**We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.**

### Collect

O God, who have called us to participate in this most sacred Supper, in which your Only Begotten Son, when about to hand himself over to death, entrusted to the Church a sacrifice new for all eternity, the banquet of his love, grant, we pray, that we may draw from so great a mystery, the fullness of charity and of life. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

### First Reading: Exodus 12:1-8,11-14

The law for the Passover meal.

**Responsorial Psalm:** Our blessing-cup is a communion with the blood of Christ.

### Second Reading: Corinthians 11:23-26

Until the Lord comes, ever time you eat this bread and drink this cup, you proclaim his death.

### Gospel Acclamation

Praise and honour to you, Lord Jesus Christ! I give you a new commandment: love one another as I have loved you. Praise and honour to you, Lord Jesus Christ!

### Gospel: John 13:1-15

To the end he showed his love for them.

### WASHING OF FEET

**Communion Antiphon:** This is the Body that will be given up for you; this is the Chalice of the new covenant in my Blood, says the Lord; do this, whenever you receive it, in memory of me.

**TRANSFER OF THE MOST BLESSED SACRAMENT**

Today we celebrate the great gift of God's love and healing - the Holy Eucharist. This great gift, where Jesus, our Saviour, comes with wondrous intimacy and friendship to each of us. We explore his humanity, humility and service as he washes the feet of the disciples. We have the opportunity to spend time a little later watching and praying with him as he agonises over his fast approaching Passion and Death.

### Prayer

Remember your mercies, O Lord, and with your eternal protection sanctify your servants, for whom Christ your Son, by the shedding of his Blood, established the Paschal Mystery. Who lives and reigns for ever and ever. Amen

### First Reading: Isaiah 52:13-52:12

He surrendered himself to death, while bearing the faults of many.

### Responsorial Psalm

Father, I put my life in your hands.

### Second Reading: Hebrews 4:14-16: 5:7-9

He learned obedience and became the source of eternal salvation for all who obey him

### Gospel Acclamation

Glory and praise to you, Lord Jesus Christ! Christ became obedient for us even to death, dying on the cross. Therefore God raised him on high and gave him a name above all other names. Glory and praise to you, Lord Jesus Christ!

### Gospel: John 18:1-19:42

The Passion of our Lord Jesus Christ According to John



## EASTER TRIDUUM

A triduum is a three-day period of prayer, usually in preparation for an important feast or in celebration of that feast. Triduums recall the three days that Christ spent in the tomb, from Good Friday until Easter Sunday. The best known triduum is the Paschal or Easter Triduum, which begins with the Mass of the Lord's Supper on the evening of Holy Thursday and continues until the start of second vespers (evening prayer) on Easter Sunday. Triduum is also known as (when capped) Paschal Triduum, Holy Triduum, Easter Triduum

### The Origin of the Term

*Triduum* is a Latin word, formed from the Latin prefix *tri-* (meaning "three") and the Latin word *dies* ("day"). Like its cousin the *novena* (from the Latin *novem*, "nine"), a triduum was originally any prayer recited over the course of multiple days (three for triduums; nine for novenas). As every novena recalls the nine days that the disciples and the Blessed Virgin Mary spent in prayer between Ascension Thursday and Pentecost Sunday, in preparation for the descent of the Holy Spirit at Pentecost, every triduum recalls the three days of Christ's Passion and Resurrection.

### The Paschal Triduum

That is why, when capitalized, *Triduum* most often refers to the Paschal Triduum (also known as the Holy Triduum or Easter Triduum), the final three days of Lent and Holy Week. This is, as the United States Conference of Catholic Bishops (USCCB) notes, the "summit of the Liturgical Year" in the Catholic Church. Formerly considered a part of the liturgical season of Lent, since 1956 the Paschal Triduum has been regarded as its own liturgical season. It is both the shortest and the most liturgically rich of all seasons; as the USCCB declares, "Though chronologically three days, [the Paschal Triduum is] liturgically one day unfolding for us the unity of Christ's Paschal Mystery."

While the liturgical season of Lent ends with the start of the Paschal Triduum, the discipline of Lent (prayer, fasting and abstinence, and almsgiving) continues until noon on Holy Saturday, when preparations for the Easter Vigil—the Mass of the Resurrection of the Lord—begin. (In those Protestant churches that observe Lent, such as the Anglican, Methodist, Lutheran, and Reformed churches, the Paschal Triduum is still regarded as part of the liturgical season of Lent.) In other words, the Paschal Triduum is still part of what we commonly call the 40 days of Lent, even though it is its own liturgical season.

### Holy Thursday

The evening Mass on Holy Thursday is referred to as *The Mass of the Lord's Supper*. This is where the Church relives the institution of the Eucharist and the Holy Sacrifice of the Mass at the Last Supper, as well as the institution of the priesthood, which took place the evening before Jesus was crucified. After the homily there is an optional "washing of the feet" ceremony, where the priest washes the feet of others to signify his role as servant—just as Jesus did with his disciples. Extra hosts are consecrated at this Mass to be used on Good Friday when no Mass will be celebrated. The Mass of the Lord's Supper on Holy Thursday concludes with a procession of the Blessed Sacrament to the "altar of repose," a place where the consecrated Host is kept, away from the main altar where Mass is normally celebrated. Many parishes will create space for people to stay and pray with the reposed Eucharist at this altar of repose late into the night, remembering Jesus' request in the Garden of Gethsemane for someone to "watch and pray" with Him.

### Good Friday

Good Friday is a mandatory day of fasting and abstinence. This is the day of the crucifixion, the day Jesus died for the sins of the world.

The parish altar looks very different on Good Friday: it is plain and bare. There is no consecrated Host in the tabernacle at the main altar of the church; it was carried away on Holy Thursday night to the "altar of repose" to signify Jesus' death. The candle by the tabernacle is blown out, and the tabernacle doors are left open to show that it is empty. Jesus is gone. This is quite dramatic, reminding us that Good Friday is a solemn day of mourning and prayer.

The ceremony on Good Friday is not a Mass—it is a communion service using the consecrated hosts from Holy Thursday. Good Friday is the only day of the year on which no Masses are offered.

These Good Friday services often take place at 3 p.m., the hour that Jesus breathed his last on the cross. Often the priest will begin the service by prostrating himself in front of the altar. Veneration of the Cross usually takes place at this service, in which the priest and the faithful kneel before a cross and kiss it.

On this day Christ is in the tomb.

There is no daytime Mass on Holy Saturday. It is still a day of fasting and sorrow before the Easter Vigil begins that evening. We recall, with Mary and the disciples, that Jesus died and was separated from them for the first time as He lay in the tomb. The faithful often continue their Good Friday fast through Holy Saturday.

In the Apostles Creed we pray "He descended into hell" (translated *hades*, that is, the temporary abode of the dead—not the eternal lake of fire) which describes what Jesus did in the time between his burial and Resurrection. Jesus descended to the realm of the dead on Holy Saturday to save the righteous souls—the Old Testament patriarchs, for example—who died before his crucifixion.

The Catechism of the Catholic Church calls Jesus' descent into the realm of the dead "the last phase of Jesus' messianic mission," during which he "opened heaven's gates for the just who had gone before him." Before Holy Saturday, there were **no** souls enjoying the beatific vision of God in heaven!

Christ's work on Holy Saturday is also known as the "Harrowing of Hell."



### GOOD FRIDAY COLLECTION FOR THE HOLY LAND

On Good Friday a collection is taken up in every Catholic Church around the world to support the people and places of the Holy Land. Christians of the Holy Land rely heavily on the help that comes to them during this special moment of the year. The collection also allows the Holy Land Franciscans to staff and maintain the Holy places and shrines. When you contribute to the Holy Land Collection, you become an instrument of peace in the land where Jesus walked.

## Easter Vigil and Easter Sunday

A vigil Mass is held after nightfall on Holy Saturday, or before dawn on Easter Sunday, in celebration of the resurrection of Jesus.

This is called the Easter Vigil: the most glorious, beautiful, and dramatic liturgy for the Church.

The vigil is divided into four parts and can last up to three hours:

- 1) the Service of Light,
- 2) the Liturgy of the Word,
- 3) the Liturgy of Baptism,
- 4) the Liturgy of the Eucharist.

This is also the Mass in which many RCIA catechumens are brought into full communion with the Catholic Church.



### 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](mailto: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, Brittany Abraham, Emma Barriom, Lila Bate, Barrie Chamberlain, Ben Benjabutr, Dulcie Duraisamy, Jasmin Fernando, Alberto Fernandez, Mally S. Hatch, Fr Tony Kelly, Marie Marchand, Jossie Marie Manalac, Angela Michael, Mario Mirador, Gloria Momblian, Vinh Hoa Nguyen, Joemar Noquera, Perl Perera, Alaoma Okoro Ogbulachi, Antonio Solis Palmos, Loma 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, Arsenio Laberinto Udan, Melchor Usman, 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 Famcomb, 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.

## 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.

MARCH		
28	Holy Thursday Night Prayer	11.00pm
29	Good Friday Stations	10.00am
	Practice for Acolytes and Altar Servers	11.30am
	Celebration of the Lord's Passion	3.00pm
30	Individual Confession	9.30-10.30am
	Practice for Acolytes and Altar Servers	2.00pm
	Holy Saturday Mass	6.00pm
31	Easter Sunday Masses	8.00am 9.30am

## Pope Francis' homily for Holy Mass 2023

What attracts our attention is how Jesus, just the day before is crucified, accomplishes this deed. Foot washing was customary at that time because the streets were dusty. People would come in from outside and, on entering a house, before dining, before gathering, they would wash their feet. But who would wash their feet? The slaves, the slaves – because this was work relegated to slaves.

Let us imagine how the disciples were astonished when they saw Jesus beginning to perform this task fit for slaves... He wanted to make them understand the message for the next day when he would die like a slave to pay the debt for all of us. If we were to listen to these things from Jesus, life would be so beautiful because we would hurry to help each other out instead of getting the best of others, to take advantage of each other, the way con artists teach us. It is very beautiful to help each other, to give a hand – these are human universal gestures that are born from a noble heart. And with this celebration today, Jesus wants to teach us this: the nobility of the heart. Each one of us could say: "But if the Pope only knew the things I have inside...." But Jesus knows that, and he loves us just like we are! And he washes each of our feet. Jesus is never shocked at our weaknesses. He is never astonished, because he has already paid. He just wants to accompany us; he wants to take us by the hand so that life won't be so harsh for us.

I will perform the same deed of the washing of the feet, which is not something folkloric, no. We can all think of it as a gesture that tells us how we should treat each other. In society, we see how many people take advantage of others; how many people are in a corner and can't get out.... How many injustices, how many people are without jobs, how many people work and are paid half, how many people have no money to purchase medicine, how many families are destroyed, so many awful things.... And none of us can say, "Thanks to God I am not like, you know". "If I am not like that it is because of the grace of God!" Each one of us can slip, every one of us. And this awareness, this certainty that each of us can slip, is what gives us the dignity – listen to the word – the "dignity" of being sinners. And Jesus wants us like this, and because of this he wanted to wash [his disciples'] feet and say: "I came to save you, to serve you".

Now, I will do the same thing as a memory of what Jesus taught us, to help each other and in this way, life is more beautiful and we can carry on like this. During the washing of the feet – I hope I succeed in doing it because I cannot walk that well – but during the washing of the feet, think about this: "Jesus has washed my feet. Jesus has saved me, and I have this difficulty now". But it will pass, but the Lord is always next to you, he never abandons, never. Think about all this.



**Caritas**  
AUSTRALIA

Thank you for supporting our Caritas Project Compassion for 2024.

It would be appreciated if all could return their Project Compassion boxes as soon as possible. If you require a receipt please make sure the details on the lid are completed.



## WELCOME TO OUR PARISH

Welcome to the house of God. Let your troubles give way to peace. Let your fears give way to hope. Let your spirit be renewed by God's awesome love. Receive the blessings awaiting in God's house. We serve the community through education, social activities, sacramental preparation, and comfort to the sick and those who mourn. Whether you are a long time resident, newly arrived, or visitor, we wish you peace, joy and Love of Christ.

If we can help in any way, please call us on 9622 2920

NAME : \_\_\_\_\_

ADDRESS : \_\_\_\_\_

PHONE : \_\_\_\_\_

I would like to register ☐

I would like to join the Planned Giving Program ☐

This is a change of address or phone number ☐

I am moving out of the Parish ☐

I would like to learn more about becoming a Catholic ☐

Please drop in with the parish envelopes or hand in to the Parish Office.

### 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.Irundayaraj 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)	Volunteer	
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	

### HOLY WEEK AND EASTER THANK YOU

Just a note to say thank you to all of our ministers for their generous contributions to make our Holy Week and Easter Liturgies so special. May the Risen Lord fill us with new energy and enthusiasm so that we can continue to serve God and each other better. Happy Easter **Fr Henry & the Parish Team**

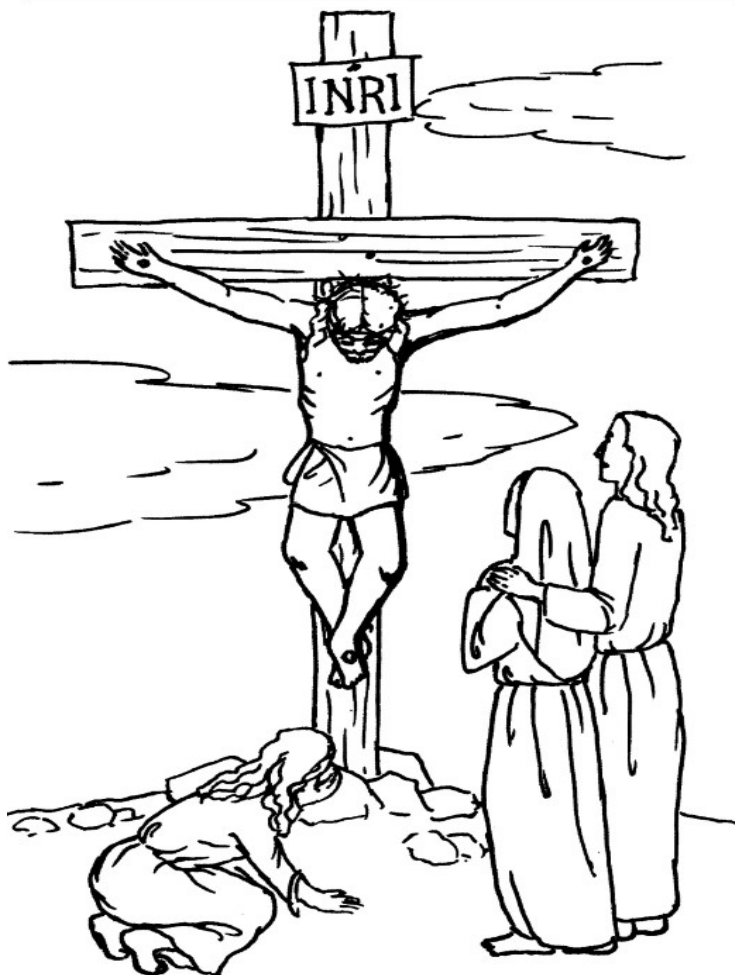
## CHILDREN'S CORNER



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

WALKED	JESUS	SUFFER	CRUCIFIED
MOSES	BREAD	BELIEVE	VISITOR
THANKS	FOOLISH	PROPHET	EYES
CLEOPAS	OPENED	VILLAGE	EMMAUS

Good Friday



A Good Friday picture for you to colour.