

# 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](mailto: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 July 2024

**Baptism:** 28th July 2024

**Sacrament Co-Ordinator:** Mrs Artelle Lenthall

**Parish Website:** [www.olol7hills.com.au](http://www.olol7hills.com.au)

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

## FOURTH SUNDAY OF EASTER 21 APRIL 2024 • Year B



### Let us Pray for the Sick

Leonila Ahillon, Florence Arinanan, Mary Attard, Rosella Booth, Penny Briscoe, Para Dias, Ken Faulkner, Ronald Fountain, Renuka Fernando, Julian Gasperini, Ronald Gomez, Anthony Janicska, Odette James, Paul Leong, Damian & Roslyn McNally, Blago Milicevic, Zeferino Jayson Morales, Carlos Moreno, Debra Price, Camy Ratnam, Eustace Ratnam, Sue Tipaldo, Natalie Woodward.

If you would like to add to our Sick List or know of any Parishioner who is unwell please contact Father Henry or email the Parish Office: [secretary@olol7hills.com.au](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:** Emma Barriom, Barrie Chamberlain, Dulcie Duraisamy, Jasmin Fernando, Charlie Gauci, Cynthia Lopez, Peter Mazzell, Agustin Ngalongalay, Sr Colleen O'Sullivan, Perl Perera, Magelende Sapinosa, Ron Sciortino, Chain Singh, John Spiteri, Joseph Tamt

**Anniversaries:** Fe Licup Carmen, Honesto Jr & Jaime Cabrera, Catherine Chandra, Aloysean Corera, John Fernando, M.A Fernando, Zoltan Gartner, Christine Gomez, Josephine Gomez, Leonie Jordan, Michael Kolosa, Lissy, Jose & Mary Kutty, Rosine Lafleur, Rita Leon, Gil Opina, Albert Moroney, Thomas Morrissey, Cordula Paiva, Emanuella Pozzolonguo, Jose Reyes, Cornelio & Iluminada Rondario, Rosary Silva, Maria Trinh, Melchor Usman, Arsenio Laberinto Udan, Tegeneroso & Modesta Viray, Pastora Villarta, Jane Zammit.

**Remembrance:** Neil Amaratunga, France Angseeing, Carmen Attard, Roy, Mary & Des Barney, Sam Borg, Saviour Caruana, Fe Licup Carmen, Tania McGove, Sam & Silvia Debattista, Carmen, Jimmy, Tony, Tania, Vivian, Joe & Launcer De Guire, Nevis Fernando, Maximilian & Julian Epondulan, Sam Gabo, Melvyn Fernandes, Mary & Sam Galea, Constance Gaycroft, Frans Gutajar, Selvam Irudayaraj, Pauline Meilak, Mangion Family, Sashin Patrick Manamperi, Mary Mifsud, Emilia & William Mifsud, Anton & Lourda Motha, Louis & Stephen Mula, Mary & Francis Muscat, Natalia & Felicissimo Prahinog, John & Roseline Ratnam, Maria Reyes, Maria & Nichola Saliba, Jose Sanchez, Jonathan Tek Kie, 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.*

### Funeral Notices

*May the souls of the faithful departed rest in peace. Amen*



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

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**FIRST READING** *A reading from the Acts of the Apostles 4:8-12*

Filled with the Holy Spirit, Peter said: 'Rulers of the people, and elders! If you are questioning us today about an act of kindness to a cripple, and asking us how he was healed, then I am glad to tell you all, and would indeed be glad to tell the whole people of Israel, that it was by the name of Jesus Christ the Nazarene, the one you crucified, whom God raised from the dead, by this name and by no other that this man is able to stand up perfectly healthy, here in your presence, today. This is the stone rejected by you the builders, but which has proved to be the keystone. For of all the names in the world given to men, this is the only one by which we can be saved.

The word of the Lord.

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**RESPONSORIAL PSALM**

**(R)** **The stone rejected by the builders has become the cornerstone.**

1. Give thanks to the Lord for he is good,  
for his love has no end.  
It is better to take refuge in the Lord  
than to trust in men:  
it is better to take refuge in the Lord  
than to trust in princes. **(R.)**

3. Blessed in the name of the Lord  
is he who comes.  
We bless you from the house of the Lord;  
I will thank you for you have given answer  
and you are my saviour.  
Give thanks to the Lord for he is good;  
for his love has no end. **(R.)**

2. I will thank you for you have given answer  
and you are my saviour.  
The stone which the builders rejected  
has become the corner stone.  
This is the work of the Lord,  
a marvel in our eyes. **(R.)**

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**SECOND READING** *A reading from the first letter of St John 3:1-2*

Think of the love that the Father has lavished on us, by letting us be called God's children; and that is what we are. Because the world refused to acknowledge him, therefore it does not acknowledge us. My dear people, we are already the children of God but what we are to be in the future has not yet been revealed; all we know is, that when it is revealed we shall be like him because we shall see him as he really is.

The word of the Lord.

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**GOSPEL ACCLAMATION**

Alleluia, alleluia!  
I am the good shepherd, says the Lord;  
I know my sheep, and mine know me.  
Alleluia!

**GOSPEL** *A reading from the first holy Gospel according to John 10:11-18*

Jesus said:

'I am the good shepherd: the good shepherd is one who lays down his life for his sheep. The hired man, since he is not the shepherd and the sheep do not belong to him, abandons the sheep and runs away as soon as he sees a wolf coming, and then the wolf attacks and scatters the sheep; this is because he is only a hired man and has no concern for the sheep. I am the good shepherd; I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for my sheep. And there are other sheep I have that are not of this fold, and these I have to lead as well.

They too will listen to my voice, and there will be only one flock and one shepherd. The Father loves me, because I lay down my life in order to take it up again. No one takes it from me; I lay it down of my own free will, and as it is in my power to lay it down, so it is in my power to take it up again; and this is the command I have been given by my Father.'

The Gospel of the Lord

## FROM FR. HENRY



Dear friends,

As you know, we dedicate this fourth Sunday of Easter to pray for vocations in the Church, especially vocations to become priests and religious brothers and sisters. Just to give you some idea of where we are at the moment in term of vocations, it would be helpful to look at some facts about vocations in Australia. According to the statistics, in 1971 we had 3,895 priests and 546 seminarians and in 2021 we have 2,900 priests and 236 seminarians; in 2007 we had 5,700 sisters and 1,020 brothers, and in 2023 the number are 3,501 sisters and 608 brothers serving more than five million Catholics, about 20 percent of the population.

These numbers obviously tell us that the number of priests and religious people in our country has gone down significantly since 1971 and we have to act to make sure that the people of God will continue to be well looked after in this land in years to come. So how are we going to get more vocations for the Australian Church? This question, I think, is one for all of us to ask, not just the Church authority, and as we search for ways to respond to our lack of Vocations, prayer has to be on the top of our action list. Part of our efforts to find solutions, we need to constantly ask the Lord to send both male and female pastors to attend to the needs of God's people in this land, not just any pastor, not those who try to impress people with their fancy vestments and empty words, but those who are willing to follow the example of the Good Shepherd, Jesus talks about in the Gospel this week, pastors who are prepared to lay down their lives and give one hundred per cent of themselves for their sheep and pastors who are gentle to their sheep, understand their needs and feed them as required.

Inspired by the image of the Good Shepherd, Jesus reveals to us in the Gospel for this World Day of Prayer for Vocations Sunday, let us pray for the wisdom to know what we have to do to respond to the Vocation issue our Church has been facing, and let us pray to the Lord to inflame the minds and hearts of Catholic men and women in Australia to generously offer themselves to serve God's people as their worthy pastors.

Have a vocation-oriented week,

*Fr Henry*

## PARISH NEWS...



### CONGRATULATIONS FR. HENRY !!

Please keep Fr. Henry in your prayers as he celebrates his 29th Anniversary of Priesthood this Sunday 21 April. Thank you Fr Henry for your faithful service to our Parish Community, OLOL is very blessed to have you leading us.

#### CHRIST CATHOLIC COMMUNITY PRAYER GROUP

Please note that due to Anzac Day on Thursday 25th April, prayer group will be moved, next week only, to Wednesday 24th April after 8am mass in the parish meeting room.

#### COMMUNION TO THE SICK MINISTERS MEETING

If you are a current Minister who gives Communion to those sick or homebound or wishing to serve in this ministry, there is a team meeting with Deacon Thong on Tuesday 23rd April 2024 in the Parish Meeting Room 11am– 12pm.

#### 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.

#### CONFIRMATION PROCESS 2024

The Enrolment Mass for parents wishing to enrol their Yr 6 (or above) child in the 2024 Confirmation Process will be on Sunday 5th May during 9.30am mass.

#### Lourdes Luminare at Catholic Youth Parramatta's Lifted Sports Day: Sunday, 28 April 9:15am-3:20pm

We are looking for youth and young adults 14-35yo to join our parish team for a full day playing against 16 other parishes in basketball, touch footy, soccer and volleyball at Parramatta Marist High School, 2 Darcy Road Westmead. \$10 rego and please wear yellow. For more info please contact: Ian Epondulan 0401161264 or [youthlol7h@gmail.com](mailto:youthlol7h@gmail.com)

#### BISHOP'S GOOD SHEPHERD APPEAL

Bishop's Good Shepherd Appeal for our Holy Spirit Seminarians. Will you support our seminarians to "go out into the deep" and serve? Your compassionate generosity and prayers will help our future priests cast their nets wide to nurture faith and meet the spiritual and pastoral needs of our community. Please give generously to the Bishop's Good Shepherd Appeal at [yourcatholicfoundation.org.au/appeal](http://yourcatholicfoundation.org.au/appeal) or scan this QR code. Thank you.



#### CATECHIST TEAM MEETING

On Tuesday 23 April 2024 at 9.30am till 10.30am, there will be a team meeting for current Catechists and those wishing to join the team with Deacon Thong in the Parish Meeting Room. If you require further information please contact the parish office or Deacon Thong.

#### REPORT FROM OUR RECENT PARISH PASTORAL COUNCIL MEETING

As usual we started the meeting with a reflection upon the article entitled 'Hey, You! Stop Being So Critical' by Chris McDonnell from La Croix International dealing with the issue of constructive criticism in the Church. According to the writer, it is the sign of a sound measure of real friendship and should be welcomed, instead of a silent disregard if its intention is sincere, or charitable if you want to say. Amongst the reports from various groups in the parish, the one relating to the Family group that we intend to introduce to our community obviously stood out, and please be prepared to welcome the co-ordinator of our diocesan Family Groups to come and speak to us.

#### 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.

#### CANDLE WAX ON THE CHURCH CARPET

Please do not try to remove candle wax on the church carpet by yourselves, for you might make it worse. Instead let our staff know and we ask our carpet cleaners to treat it.

## Synod 2023 Update:

### Local Think Tank Sessions from May-June

Parishes and other local faith communities across the diocese are holding local Think Tank Sessions, giving local leaders and anyone involved in ministry to offer feedback on the Draft of the Diocesan Plan for a Synodal Church, and contribute ideas for the practical implementation of our Diocesan Plan. To inquire about our local Think Tank session visit [parracatholic.org/synod](http://parracatholic.org/synod)

### Adult Faith Formation opportunities in 2024

- Preparing for marriage or know couples who are?
- Looking to learn more about the Bible, spirituality, theology or practical skills for ministry?
- Searching for encouragement and growth by listening to life & faith stories from adults in their 20s, 30s and 40s?

View and share a copy of the 2024 adult faith formation calendar (link: <https://shorturl.at/grLV3>) OR get in touch with the team to learn about more formation opportunities via [met@parracatholic.org](mailto:met@parracatholic.org)

### 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](mailto:lucy.woodbury@parracatholic.org) or 0460 037 795.

### Christian Meditation Introduction and Renewal Day: 19 May

You are invited to a Christian Meditation Introduction and Renewal Day on Sunday 19 May 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.



### Caritas Australia Sudan Crisis Appeal

Following the outbreak of conflict in Sudan a year ago, 25 million people - including 14 million children - now need humanitarian assistance and support, according to the [United Nations](#). Caritas partners in Sudan have distributed food, as well as delivering cash assistance, water and hygiene services and gender-based violence protection. Please donate to Caritas Australia's Sudan Crisis Appeal.

You can donate online [www.caritas.org.au/sudan](http://www.caritas.org.au/sudan) or phone 1800 024 413.



**SUDAN CRISIS APPEAL**

25 million people including 14 million children are in dire need of humanitarian assistance.

**DONATE NOW**

[www.caritas.org.au/sudan](http://www.caritas.org.au/sudan)  
1800 024 413

### 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 practice 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](http://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>  
For more information, please email: [safeguardingtraining@parracatholic.org](mailto:safeguardingtraining@parracatholic.org)

### CCD Formation Opportunities: May and June 2024

SRE catechists and all members of our faith communities are invited to participate in a series of formation opportunities organised by the Diocesan Confraternity of Christian Doctrine (CCD). Delve into St John's Gospel with a scripture expert, Dr Laurie Woods, over 5 weeks on 3, 10, 17, 24 and 31 May. Continue your Journey of Faith for 5 weeks with Marilyn Hancock (Head, CCD) on 7, 14, 21, 28 June and 5 July.

### Salesian Sisters of Don Bosco Come and See: 27 April

The Salesian Sisters of Don Bosco, Daughters of Mary Help of Christians are invited young women aged 20 to 30 to a "Come and See" event on Saturday 27 April from 10am to 1pm at their community house, 8 Mamre Rd, St Marys. Take time to connect with Jesus, to share your journey of faith and to empower each other to grow in faith, hope and love. This opportunity will then be available on the last Saturday of each month. For more information, please contact Sr Anna on 0409 469 138 or email [fmastmarys@gmail.com](mailto:fmastmarys@gmail.com)

### Diocesan Pentecost Scripture Reflection Evening: 15 May

What does the Holy Spirit look like in your life? How can Scripture stretch our imagination when comes to Pentecost and the Holy Spirit?

Register for the Diocesan Pentecost Scripture Reflection Evening with Dr Michele Connolly rsj on Wednesday 15 May 2024, 6:30PM -8:30PM. RSVP via QR or get in touch with the team via [met@parracatholic.org](mailto:met@parracatholic.org)



### 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](mailto:secretary@stfinbars.org.au).

### Catholic Engaged Encounter Weekend: 18 – 19 May

How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life. We give you a chance to spend time together to strengthen and enrich your relationship. The next Engaged Encounter Weekend will be held on 18-19 May, with future dates in August and November 2024.

For further information and to register, please visit [www.engagedencounter.org.au/](http://www.engagedencounter.org.au/)



## POPE FRANCIS' REGINA CAELI

Dear brothers and sisters, *buongiorno*, happy Sunday!

Today the Gospel takes us back to the evening of Passover. The apostles are gathered in the Upper Room, when the two disciples return from Emmaus and tell of their encounter with Jesus. And as they are expressing the joy of their experience, the Risen One appears to all the community. Jesus arrives precisely *while they are sharing the story of the encounter with Him*. This makes me think that it is good to share, it is

important to share faith. This account makes us reflect on the importance of sharing faith in the risen Jesus.

Every day we are bombarded with a thousand messages. Many of them are superficial and useless, others reveal an indiscreet curiosity or, worse still, arise from gossip and malice. They are news that have no purpose; on the contrary, they do harm. But there is also good news, positive and constructive, and we all know how good it is for us to hear good things, and how much better we are when this happens. And it is also good to share the realities that, for better or worse, have touched our lives, so as to help others.

And yet there is something we often struggle to talk about. What do we struggle to talk about? The most beautiful thing we have to tell: *our encounter with Jesus*. Every one of us has encountered the Lord and we struggle to speak about it. Each one of us could say so much about this: seeing how the Lord has touched us, and sharing this, not by being a lecturer to others, but by sharing the unique moments in which we perceived the Lord alive and close, who kindled joy in our hearts or dried our tears, who transmitted confidence and consolation, strength and enthusiasm, or forgiveness, tenderness. These encounters, every one of us has had with Jesus, share them and transmit them. It is important to do this in the family, in the community, with friends. Just as it does good to talk about the good inspirations that have guided us in life, the good thoughts and feelings that help us so much to go forward, and also about our efforts and labors to understand and to progress in the life of faith, perhaps even to repent and retrace our steps. If we do this, Jesus, just as He did with the disciples of Emmaus on the evening of Passover, will surprise us and make our encounters and our environments even more beautiful.

Let us try, then, to remember, now, a powerful moment of our life of faith, a decisive encounter with Jesus.

Everyone has had it, each one of us has had an encounter with the Lord. Let us take a moment's silence and think: when did I find the Lord? When has the Lord been close to me? Let us think in silence. And this encounter with the Lord, did I share it to give glory to the Lord? And also, have I listened to others, when they have told me about this encounter with Jesus?

May Our Lady help us to share the faith to make our communities ever greater places of encounter with the Lord.

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### After the Regina Caeli

Dear brothers and sisters!

I am following in prayer and with concern, even pain, the news that has reached us in the last few hours regarding the worsening of the situation in Israel, due to the intervention by Iran. I make a heartfelt appeal to halt any action that might fuel a spiral of violence, with the risk of dragging the Middle East into an even greater military conflict.

No-one should threaten the existence of others. May all the nations instead take the side of peace, and help Israelis and Palestinians live in two States, side by side, in safety. It is their deep and legitimate desire, and it is their right! Two neighboring States.

Let there be a ceasefire in Gaza soon, and let us pursue the paths of *negotiation*, with determination. Let us help that population, plunged into a humanitarian catastrophe; let the hostages kidnapped months ago be released! So much suffering! Let us pray for peace. No more war, no more attacks, no more violence! Yes to dialogue and yes to peace!

Today in Italy marks the one-hundredth National Day for the Catholic University of the Sacred Heart, on the theme: "Demand for the future: young people between disenchantment and desire". I encourage this great University to continue its important formative service, faithful to its mission and attentive to the needs of the young and of society today.

I heartily welcome all of you, Romans and pilgrims from Italy and many countries. In particular, I greet the faithful of Los Angeles, Houston, Nutley and Riverside in the United States of America; as well as the Polish people, especially – how many Polish flags there are! – those of Bodzanów and the young volunteers of the Team for Aid to the Eastern Church. I welcome and encourage the leaders of the Sant'Egidio Community from various Latin American countries.

I greet the ACLI volunteers engaged in advocacy throughout Italy; the groups from Trani, Arzachena, Montelibretti; the young people of the profession of the faith from the parish of *Santi Silvestro e Martino* in Milan; the candidates for confirmation from Pannarano; and the "Art and Faith" groups of young people of the Sisters of Saint Dorothy.

I affectionately greet the children from various parts of the world, who have come to remind us from 25 to 26 May the Church will hold its first World Children's Day. Thank you! I invite everyone to accompany the journey towards this event – the first Children's Day – with prayer, and I thank those who are working to prepare for it. And to you, boys and girls, I say: I am waiting for you! All of you! We need your joy and your wish for a better world, a world at peace. Let us pray, brothers and sisters, for the children who suffer because of the wars – there are many of them! – in Ukraine, Palestine, Israel, and in other parts of the world, in Myanmar. Let us pray for them, and for peace.

I wish you all a good Sunday. Please, do not forget to pray for me.

I greet the young people of the *Immacolata*. Enjoy your lunch, and *arrivederci!*

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## POPE FRANCIS' AUDIENCE

### Cycle of Catechesis. Vices and Virtues. 15. *Temperance*

Dear brothers and sisters, good morning!

Today I will talk about the fourth and final cardinal virtue: *temperance*. With the other three, this virtue shares a history that goes far back in time and does not only belong to Christians. For the Greeks, the practice of the virtues had happiness as its objective. The philosopher Aristotle wrote his most important treatise on ethics, addressing it to his son Nicomachus, to instruct him in the art of living. Why does everyone seek happiness, even though so few achieve it? This is the question. To answer this question, Aristotle confronts the theme of the virtues, among which *enkráteia*, that is, temperance, takes a prominent place. The Greek term literally means "power over oneself". So, temperance is a power over oneself. This virtue is thus the capacity for self-mastery, the art of not letting oneself be overcome by rebellious passions, of establishing order in what Manzoni calls "the jumble of the human heart".

The *Catechism of the Catholic Church* tells us that "temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods". The *Catechism* continues, "It ensures the will's mastery over instincts and keeps desires within the limits of what is honorable. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion, and does not follow the base desires, but restrains the appetites" (1809).

Therefore, temperance, as the Italian word says, is the virtue of the right measure. In every situation, one behaves wisely, because people who act always moved by impulse or exuberance are ultimately unreliable. People without temperance are always unreliable. In a world where many people boast about saying what they think, the temperate person instead prefers to think about what he says. Do you understand the difference? Not saying whatever comes into my mind, like so... no: thinking about what I have to say. He does not make empty promises but makes commitments to the extent that he can fulfill them.

Also with pleasures, the temperate person acts judiciously. The free course of impulses and total license accorded to pleasures end up backfiring on us, plunging us into a state of boredom. How many people who have wanted to try everything voraciously have found themselves losing the taste for everything! It is better, then, to seek the right measure: for example, to appreciate a good wine, to taste it in small sips is better than swallowing it all in one go. We all understand this.

The temperate person knows how to weigh words and dose them well. He thinks about what he says. He does not allow a moment's anger to ruin relationships and friendships that can then only be rebuilt with difficulty. Especially in family life, where inhibitions are lower, we all run the risk of not keeping tensions, irritations, and anger in check. There is a time to speak and a time to be silent, but both require the right measure. And this applies to many things, for instance staying with others and staying alone.

If the temperate person knows how to control his own irascibility, this does not mean we always find him with a peaceful and smiling face. Indeed, at times it is necessary to be indignant, but always in the right way. These are the words: the *just measure*, the *right way*. A word of rebuke is at times healthier than a sour, rancorous silence. The temperate person knows that nothing is more uncomfortable than correcting another person, but he also knows that it is necessary; otherwise, one offers free reign to evil. In some cases, the temperate person succeeds in holding extremes together: he affirms absolute principles, asserts non-negotiable values, but also knows how to understand people and shows empathy for them. Shows empathy.

The gift of the temperate person is therefore balance, a quality as precious as it is rare. Indeed, everything in our world pushes to excess. Instead, temperance combines well with Gospel values such as smallness, discretion, modesty, meekness. The temperate person appreciates the respect of others but does not make it the sole criterion for every action and every word. He is sensitive, he is able to weep and is not ashamed, but he does not weep over himself. In defeat, he rises up again; in victory, he is capable of returning to his former reserved life. He does not seek applause but knows that he needs others.

Brothers and sisters, it is not true that temperance makes one grey and joyless. On the contrary, it lets one enjoy the goods of life better: staying together at the table, the tenderness of certain friendships, confidence with wise people, wonder at the beauty of creation. Happiness with temperance is the joy that flourishes in the heart of those who recognize and value what counts most in life. Let us pray to the Lord that He might give us this gift: the gift of maturity, of age, of emotional maturity, of social maturity. The gift of temperance.

## POPE FRANCIS OFFERS CONSOLATION AND PRAYER TO VICTIM OF SYDNEY ATTACK

### By Vatican News

In a telegram signed by Cardinal Secretary of State Pietro Parolin, addressed to Archbishop Anthony Fisher of Sydney, Pope Francis expressed his deep sadness in learning of the violent attack in Sydney, Australia, at a local shopping centre where six people were stabbed to death.

Assuring his "spiritual closeness to all affected by this senseless tragedy" and especially those mourning the loss of a loved one, the Pope offered his prayers for the dead, the injured, and the first responders. In the telegram, he "invokes upon the nation the divine blessings of consolation and strength."

### The victims

Local police told Australian media that the victims at the Westfield Shopping Centre in Bondi Junction were a man and five women, including the mother of a nine-month-old baby who was injured and taken in serious condition to hospital where he later underwent surgery. The perpetrator of the attack was a 40-year-old man known to police who is awaiting formal identification. Law enforcement officials believe that the act was not motivated by an ideological motive or terrorism, although investigations are continuing.

## 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 9622 2920

### 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 9th May 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 in May. If you would like more information please kindly contact Ian Epondulan: [youtholol7h@gmail.com](mailto: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 Available To Those In Need

The St Vincent de Paul Society has members and community-focused Vinnies Support Centres right across NSW. They provide people in immediate crisis with assistance. If you need assistance, call 131812 (option 3) to be redirected to your nearest Vinnies Support Centre. To find out more about the support that is available, visit <https://www.vinnies.org.au/nsw/find-help>.

If you'd like to contribute to helping those in need in the local community through the St Vincent de Paul Society, please email Reno Abela at [rabel24@gmail.com](mailto:rabel24@gmail.com).

### 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 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 baptisms, birthdays, wedding anniversaries, or death anniversaries. Please see Fr Henry or Ernie before Mass to arrange it.

## OLOL PARISH CALENDAR

### APRIL

23	Catechist Team Meeting	9.30am
23	Communion to the Sick Ministers Meeting	11.00am
24	Christ Catholic Community Prayer Group	9.00am
25	Anzac Day	

## OLOL MINISTRY ROSTER

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

### 20/21 April 2024

Acolytes	Vigil: Abel Do Rosario 8am: Jane Seaman 9.30am Fayelene Kennedy	
Ministers	Vigil: R.Soares, N.Shami 8am: F.Paiva, A.McNally 9.30am: G.Basili, M.Michael	
Readers	Vigil: N.Do Rosario, M.Simic 8am: P.Ferriols, J.Cabasa 9.30am: S.Manamperi, A.Walker	
Altar Servers	Vigil: L.Sadipoor, D.Sant. J.Sant 8am: Volunteers 9.30am: SUB RQD, F.Wanandy	
Morning tea (after 9.30am Mass)	Parish Pastoral Council	
Musicians	Vigil: K.Thoms & C.Woodward 8am: Fr Henry 9.30am: Maximilian Chorale	
Flowers	Fennie & Angela	
Church Cleaning	18 April	Cathy Hutchings Annette Peatman
Welcomers	Vigil: Judith Deloso 8am: Volunteer 9.30am: Kathy Chamberlain	

### 27/28 April 2024

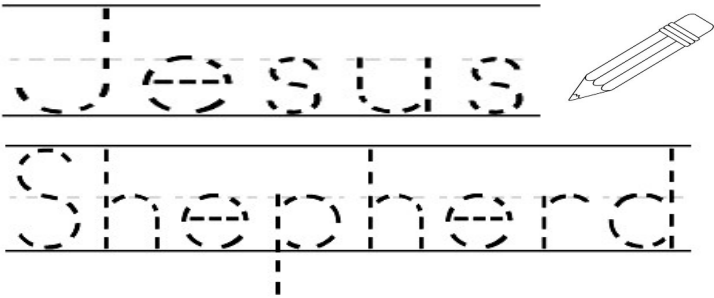
Acolytes	Vigil: Frank Paiva 8am: Terry Jordan 9.30am Ian Epondulan	
Ministers	Vigil: M.Mifsud, E.Miu 8am: F.Balatbat, S.Nemorin 9.30am: B.Chandler, P.Gow	
Readers	Vigil: J.Sarmiento, A.Punch 8am: M.Santos, K.Walker 9.30am: R.Epondulan, A.Rin Han	
Altar Servers	Vigil: A.Bagatella, A.Laus, E.Reardon 8am: Volunteers 9.30am: C.Attard, L.Culili	
Morning tea (after 9.30am Mass)	Couples for Christ	
Musicians	Vigil: Nina's Group 8am: Fr Henry 9.30am: Nina's Group	
Flowers	Annette & Mary	
Church Cleaning	24 April	Jessie Borg Anne McNally Edgardo Barcelon
Welcomers	Vigil: Ram Urge 8am: Volunteer 9.30am: Edgardo Barcelon	

# The Kids' Bulletin

4th Sunday of Easter  
Good Shepherd Sunday  
April 21st, 2024



Help the sheep  
find the Good Shepherd  
and stay away from the hungry wolf!



## The Shepherd and His Sheep

His sheep follow him because they know his voice.  
John 10:4b (NIV)

The puzzle is based on John 10:1-10 (NIV).



John 10:1-10

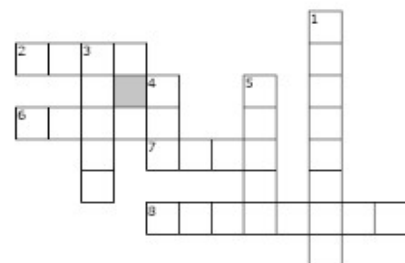
F C N L V E S A N F T C W M H  
U J Q I M D Z H N A D R S A L  
R O I Y S Z W G E K M N U F U  
G U D D G F S A G P T E T T N  
H L A L T D O M T C H D K B H  
N E R R P H T L D C R E A E R  
L A J O E V I B L E H I R S G  
I Z V S N E X E G O H M U D R  
D U G V H P T N F V W N A F O  
X E V A S E A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

LEADS	ROBBER	PEN	WATCHMAN	TRUTH
FOLLOW	DESTROY	THIEF	STRANGER	GATE
VOICE	STEAL	SHEPHERD	NAME	SHEEP

### The Shepherd Dot to Dot



Connect the dots to complete the picture.



#### ACROSS

- An opening in a fence for entrance or exit
- The sound made when people speak or sing
- The word or words by which a person or thing is known
- A person who takes care of sheep

#### DOWN

- Someone not known or not familiar
- Someone who steals
- A small area surrounded by a fence in which animals are kept
- A farm animal with thick curly wool

SHEPHERD	THIEF	NAME	VOICE
SHEEP	GATE	STRANGER	PEN