

OUR LADY OF LOURDES

PARISH OF SEVEN HILLS

"Still a wonderful place to pray & stay"

7 Grantham Road, Seven Hills. NSW. 2147

Ph. 9622 2920

Email: secretary@lol7hills.com.au

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.lol7hills.com.au
Facebook <https://www.facebook.com/LOL7Hills/>

THIRD SUNDAY OF EASTER 14 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, 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, Sr Colleen O'Sullivan, Natalie Woodward.

If you would like to add to our Sick List or know of any Parishioner who is unwell please contact Father Henry or email the Parish Office: secretary@lol7hills.com.au
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, Cynthia Lopez, Agustin Ngalongalay, Perl Perera, Magelende Sapinosa, Ron Sciortino, Chain Singh

Anniversaries: Fe Licup Carmen, 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 Pozzolungo, Jose Reyes, Comelio & Iluminada Rondario, Rosary Silva, Maria Trinh, Melchor Usman, Arsenio Laberinto Udan, Tegeneroso & Modesta Viray, Pastora Villarta.

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, Maureen & John Mead, Mary Mifsud, Emilia & William Mifsud, Anton & Lourda Motha, Louis & Stephen Mula, Mary & Francis Muscat, John & Roseline Ratnam, Maria Reyes, Jonathan Tek Kie, Shane Vaz, Alloysius Welangoala, 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

Ron Sciortino

Tuesday 16th April 2024, 11am

Our Lady of Lourdes Church Seven Hills

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.lol7hills.org.au



FIRST READING *A reading from the Acts of the Apostles 3:13-15. 17-19*

Peter said to the people: 'You are Israelites, and it is the God of Abraham, Isaac and Jacob, the God of our ancestors, who has glorified his servant Jesus, the same Jesus you handed over and then disowned in the presence of Pilate, after Pilate had decided to release him. It was you who accused the Holy One, the Just One, you who demanded the reprieve of a murderer while you killed the prince of life. God, however, raised him from the dead, and to that fact we are the witnesses.

'Now I know, brothers, that neither you nor your leaders had any idea what you were really doing; this was the way God carried out what he had foretold, when he said through all his prophets that his Christ would suffer. Now you must repent and turn to God, so that your sins may be wiped out.'

The word of the Lord.

RESPONSORIAL PSALM

(R) Lord, let your face shine on us.

1. When I call, answer me, O God of justice;
from anguish you released me, have mercy and
hear me! **(R.)**

3. 'What can bring us happiness?' many say.
Lift up the light of your face on us, O Lord **(R.)**

2. It is the Lord who grants favours to those whom
he loves; the Lord hears me whenever I call him **(R.)**

4. I will lie down in peace and sleep comes at once,
for you alone, Lord, make me dwell in safety **(R.)**

SECOND READING *A reading from the first letter of St John 2:1-5*

I am writing this, my children, to stop you sinning; but if anyone should sin, we have our advocate with the Father, Jesus Christ, who is just; he is the sacrifice that takes our sins away, and not only ours, but the whole world's. We can be sure that we know God only by keeping his commandments.

Anyone who says, 'I know him', and does not keep his commandments, is a liar, refusing to admit the truth. But when anyone does obey what he has said, God's love comes to perfection in him.

The word of the Lord.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Lord Jesus, make your word plain to us:
make our hearts burn with love when you speak.
Alleluia!

GOSPEL *A reading from the first holy Gospel according to Luke 24:35-48*

The disciples told their story of what had happened on the road and how they had recognised Jesus at the breaking of bread. They were still talking about all this when Jesus himself stood among them and said to them, 'Peace be with you!' In a state of alarm and fright, they thought they were seeing a ghost. But he said, 'Why are you so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have.' And as he said this he showed them his hands and feet. Their joy was so great that they could not believe it, and they stood dumbfounded; so he said to them, 'Have you anything here to eat?' And they offered him a piece of grilled fish, which he took and ate before their eyes.

Then he told them, 'This is what I meant when I said, while I was still with you, that everything written about me in the Law of Moses, in the Prophets and in the Psalms, has to be fulfilled.' He then opened their minds to understand the scriptures, and he said to them, 'So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.'

The Gospel of the Lord



FROM FR. HENRY



Dear friends,

The Gospel this Sunday highlights Luke's unique contribution to Jesus' post-Resurrection stories. This particular account follows the Emmaus story recounting the journey of two disciples who travelled from Jerusalem to Emmaus, when Jesus appeared to them as an anonymous companion and spent the whole day walking by their side and explaining the teachings of the Scripture that had something to do with his Passion, Death and Resurrection.

They, however, had no idea of who their strange companion was till the moment he broke the bread and gave it to them at the dinner they invited him to join in. His signature gesture, the breaking of bread that he did at the Last Supper surely triggered their memory of the last meal he shared with them, in which he took the bread, said the blessing, broke it, gave it to them and he asked them to keep doing that in memory of him after he had done the same with the cup. They recognised him immediately by such a distinctive act, but he vanished before their eyes.

The disciples then began to celebrate the rite of the Breaking of Bread to commemorate Jesus' Death and Resurrection as he instructed them and the rite has kept developed over the years to become what we do today as the Holy Mass or the Eucharist.

According to Luke today, Jesus once again appeared to the disciples while the two back from Emmaus were briefing the rest of the group about their unexpected encounter with the Risen Christ. He unexpectedly came into the room, stood among them and greeted them with the words 'Peace be with you.'

When he saw them agitated and filled with doubts about his rising from death as he told them in advance. He kindly showed them his wounds and encouraged them to have a physical contact with him. He even ate a piece of grilled fish before their eyes as a sure confirmation of his true Resurrection.

Thanks to Jesus' help and encouragement, the disciples came to understand many passages of the Scripture foretelling of the Messiah and realize that their teacher himself truly was the one who did fulfil such scriptural predictions.

Most significantly, he commissioned them to go out as his witnesses whose mission was to proclaim his Death and Resurrection and ask people to live a life of repentance, and we are part of the group of witnesses called by Jesus through our Baptism to share his story in the world today.

Today let us give praise and thanks to our Risen Lord for making us his disciples by means of our Baptism. Let us ask you're his grace to help us do well in our mission to introduce him to the world.

Have a disciple-oriented week,

Fr Henry

PARISH NEWS...

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.

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.

EASTER OFFERINGS

Envelopes for Easter offerings are available in the church as usual, thank you so much for your generous support to the Parish.

HANDYMAN ASSISTANCE NEEDED FOR ST VINNIES

A vulnerable member of the community needs assistance with the erection of a dog enclosure. This will involve the preparation of the site, laying of a paver base and the erection of a 10 square metre dog enclosure. If you are a handyman, can assist with tools and are willing to volunteer your time for St Vinnies, please contact Reno Abela on 0410 095 366.

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 for your co-operation.

Fr Henry



**HAPPY BIRTHDAY
FR. HENRY
May Our Lady
of Lourdes
fill your heart with
blessings and joy
10th April**

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.

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 or scan this QR code. Thank you.



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

CATHOLIC CHARISMATIC RENEWAL NSW CELEBRATING PENTECOST EVE “ ANOINTING”

Please join the Catholic Charismatic Renewal NSW in celebrating Pentecost Eve “Anointing” on Saturday 18th May at Servants of Jesus Centre 15 Park Road Seven Hills for an afternoon of Praise & Worship, Testimonies and Prayer Ministry from 4-7pm hosted by youth from different streams. Booking is essential, register with link. <https://www.trybooking.com/CPMXQ?qr=true> . Any inquires email: email@ccrns.org.au

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.

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/



Thank You!

Caritas Australia would like to **THANK YOU** for supporting Project Compassion 2024. If you still have your Project Compassion box or set of envelopes at home, please bring them back next week or visit caritas.org.au/project-compassion and donate online.

Your generosity will empower the world's most vulnerable communities to grow stronger and lift themselves out of poverty.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **for all future generations.**



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

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

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

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.

Voluntary Assisted Dying healthcare workshop: 4 May

The Diocese of Parramatta is organising a free healthcare workshop to explore the Australian Catholic Bishops Conference's Voluntary Assisted Dying statement: “To Witness and to Accompany with Christian Hope” on Saturday 4 May at the St Patrick's Cathedral Hall, Parramatta, from 9.30am to 12.30pm. Lunch will be provided. To register, please contact met@parracatholic.org. For enquires, please contact Deacon Michael Tan on michael.tan@parracatholic.org

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 till 8:30pm. RSVP via QR or get in touch with the team via 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.

Marriage Preparation Courses in 2024

Getting married in 2024? Let the Diocese of Parramatta help you prepare. Visit www.parracatholic.org/celebrate/marriage/marriage-preparation to view weekend course dates in the New Year, to book and pay. An online preparation called *Smart Loving* can also be booked via the website. For more information, email marriage@parracatholic.org or Marisa on 0412 280 017.



POPE FRANCIS' REGINA CAELI

Dear brothers and sisters, happy Sunday!

Today, the second Sunday of Easter, dedicated by Saint John Paul II to Divine Mercy, the Gospel (cf. *Jn* 20:19-30) tells us that, by believing in Jesus, Son of God, we can *have eternal life* in His name (v. 31). "To have life": what does it mean?

We all want to *have life*, but there are various ways of having it. For example, there are those who reduce existence to a frenetic race to enjoy and possess many things: to eat and drink, to enjoy themselves, to accumulate money and objects, to feel strong and new emotions, and so on. It is a road that at first sight seems pleasurable, but which does not satiate the heart. It is not in this way that one "has life", because by following the path of pleasure and power one does not find happiness. Indeed, many aspects of existence remain unanswered, such as love, the inevitable experiences of pain, of limitations and of death. And then the dream we all have in common remains unfulfilled: the hope of living forever, of being loved without limit. Today the Gospel says that this fullness of life, to which every one of us is called, is realized in Jesus: it is He who gives us this fullness of life. But how can one gain access to it, how can one experience it?

Let us look at what happened to the disciples in the Gospel. They are going through the most tragic moment in life: after the days of the passion they shut themselves away in the Upper Room, afraid and discouraged. The Risen One comes to them and shows them His wounds (cf. v. 20): they were the signs of suffering and pain, they could stir feelings of guilt, yet with Jesus they become channels of mercy and forgiveness. In this way, the disciples see and touch with their hands the fact that with Jesus, life always wins, death and sin are defeated, with Jesus. And they receive the gift of His Spirit, which gives them a new life, as beloved sons – life as beloved sons – imbued with joy, love and hope. I will ask one thing: do you have hope? Each one of you, ask yourselves: "How is my hope?"

This is how to "have life" every day: it is enough to fix one's eyes on the crucified and risen Jesus, encountering Him in the Sacraments and in prayer, recognizing that He is present, believing in Him, letting oneself be touched by His grace and guided by His example, experiencing the joy of loving like Him. Every encounter with Jesus, a living encounter with Jesus enables us to have more life. Looking for Jesus, letting ourselves be found – because He looks for us – opening our heart to the encounter with Jesus.

Let us ask ourselves, though: do I believe in the power of the resurrection of Jesus, do I believe that Jesus is risen? Do I believe in His victory over sin, fear and death? Do I let myself be drawn into a relationship with the Lord, with Jesus? And do I let myself be prompted by Him to love my brothers and sisters, and to hope every day? Each one of you, think about this.

May Mary help us to have ever greater faith in Jesus, in the risen Jesus, to "have life" and to spread the joy of Easter.

After the Regina Caeli

Dear brothers and sisters!

I would like to remember the people who died in the bus crash in South Africa a few days ago. Let us pray for them and for their families.

Yesterday was International Day of Sport for Development and Peace. We all know how practising a sport can educate in an open, solidarity-based, unprejudiced sociality. But for this we need leaders and trainers who aim not only at winning or making money.

Let us not cease to pray for peace, a just and lasting peace, especially for tormented Ukraine and for Palestine and Israel. May the Spirit of the Risen Lord enlighten and sustain all those who work to decrease the tension and encourage gestures that make negotiations possible. May the Lord give leaders the capacity to pause a little in order to deliberate, to negotiate.

I greet all of you, Romans and pilgrims from Italy and from many countries. In particular, I greet the students of the *Mar Qardakh* Catholic School in Erbil, capital of Iraqi Kurdistan; and the young people of Castellón, Spain. I affectionately welcome the prayer groups who cultivate the spirituality of Divine Mercy, gathered today at the Shrine of the Holy Spirit in Sassia.

I greet "La Perosina" bowling club, the ACLI group from Chieti, participants in the International Conference for the abolition of surrogacy, the faithful of Modugno and Alcamo, students of the "San Giuseppe" School of Bassano del Grappa and candidates for confirmation from Santarcangelo di Romagna. I greet the many Polish people here: I can see the flags!

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

Enjoy your lunch, and *arrivederci!*



POPE FRANCIS' AUDIENCE

Cycle of Catechesis. Vices and Virtues. 14. Fortitude

Dear brothers and sisters, good morning!

Today's catechesis is dedicated to the third of the cardinal virtues, namely *fortitude*. Let us begin with the description given in the *Catechism of the Catholic Church*: "Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions" (1808). This is what the Catechism of the Catholic Church says about the virtue of fortitude.

Here, then, is the most "combative" of the virtues. If the first of the moral virtues, that is, prudence, was primarily associated with man's reason; and while justice found its abode in the will, this third virtue, fortitude, is often linked by scholastic authors to what the ancients called the "irascible appetite". Ancient thought did not imagine a man without passions: he would be a stone. And the passions are not necessarily the residue of a sin; but they must be educated, they must be channelled, they must be purified with the water of Baptism, or better with the fire of the Holy Spirit. A Christian without courage, who does not turn his own strength to good, who does not bother anyone, is a useless Christian. Let us think about this! Jesus is not a diaphanous, ascetic God, who does not know human emotions. Quite the contrary. Faced with the death of His friend Lazarus, He breaks down in tears, and His impassioned spirit is apparent in some of His expressions, such as when He says: "I came to cast fire upon the earth, and would that it were already kindled!" (*Lk 12:49*); and confronted with the trade in the temple, He reacted with force (cf. *Mt. 21: 12-13*). Jesus had passion. But let us now look for an existential description of this important virtue that helps us be fruitful in life. The ancients – both the Greek philosophers and Christian theologians – recognized a twofold development in the virtue of fortitude: one *passive*, the other *active*.

The first is directed *within ourselves*. There are internal enemies we must defeat, which go by the name of anxiety, anguish, fear, guilt: all forces that stir in our innermost selves and in some situations paralyse us. How many fighters succumb before they even begin the challenge! Because they are not aware of these internal enemies. Fortitude is first and foremost a victory against ourselves. Most of the fears that arise within us are unrealistic, and do not come true at all. It is better, then, to invoke the Holy Spirit and face everything with patient fortitude: one problem at a time, as we are able, but not alone! The Lord is with us, if we trust in Him and sincerely seek the good. Then in every situation we can count on God's providence to shield and armour us. And then there is the second movement of the virtue of fortitude, this time of a more active nature. As well as internal trials, there are *external enemies*, which are the *trials of life*, persecutions, difficulties that we did not expect and that surprise us. Indeed, we can try to predict what will happen to us, but to a large extent reality is made up of imponderable events, and in this sea sometimes our boat is tossed about by the waves. Fortitude then makes us resilient sailors, who are not frightened or discouraged. Fortitude is a fundamental virtue because it *takes the challenge of evil in the world seriously*. Some pretend it does not exist, that everything is going fine, that human will is not sometimes blind, that dark forces that bring death do not lurk in history. But it suffices to leaf through a history book, or unfortunately even the newspapers, to discover the nefarious deeds of which we are partly victims and partly perpetrators: wars, violence, slavery, oppression of the poor, wounds that have never healed and continue to bleed. The virtue of fortitude makes us react and cry out "no", an emphatic "no" to all of this. In our comfortable Western world, which has watered everything down somewhat, which has transformed the pursuit of perfection into a simple organic development, which has no need for struggle because everything looks the same, we sometimes feel a healthy nostalgia for prophets. But disruptive, visionary people are very rare. There is a need for someone who can rouse us from the soft place in which we have lain down and make us resolutely repeat our "no" to evil and to everything that leads to indifference. "No" to evil and "no" to indifference; "yes" to progress, to the path that moves us forward, and for this we must fight. Let us therefore rediscover in the Gospel the fortitude of Jesus, and learn it from the witness of the saints. Thank you.

POPE FRANCIS: DON'T BE ASHAMED TO CRY BEFORE THE PAIN OF OTHERS

Marking the 50th anniversary of the St. Angela Merici Foundation, Pope Francis receives a group of its members and reflects on its mission to serve the most vulnerable.

By Linda Bordonì

Pope Francis on Saturday upheld the inspiration and commitment of the St. Angela Merici Foundation which is based in Sicily, expressing gratitude for its daily effort to serve the most vulnerable people.

He recalled how the foundation's journey began decades ago, and highlighted a significant event that took place in 1953 when a small painting in the home of the Iannuso family depicting Our Lady began to weep.

Those tears, the Pope said, symbolize the compassionate gaze of our heavenly Mother, shedding tears for the suffering of her children.

"These tears speak to us of God's compassion for all of us," he added. "We must think about this: the compassion of God."

"We must think of the compassion of God."

In the face of such suffering, the Pope said, the Foundation emerged as a beacon of hope and solace, dedicated to drying the tears of those in need. Through their daily work, professionalism and sacrificial spirit, it strives to translate the tears shed by the Virgin Mary into tangible acts of kindness and support.

"The foundation exists to express in concrete actions the tears shed by the Virgin Mary and at the same time her maternal desire to dry the tears of her children," he said.

Commenting on how the heart of the foundation's mission lies in its commitment to accompany the suffering, support the weak, and care for the vulnerable, the Holy Father said: "You, brothers and sisters, seek to do just that: to dry the tears of those who suffer, to accompany those in pain, to support the weakest in society."

Noting how the foundation draws its strength and inspiration from the Gospel and is steadfast in its dedication to embodying the teachings of Jesus Christ, he encouraged those present to continue on this path.

"The source of your work is the Gospel, remain attached to this source!"

Pope Francis concluded inviting foundation members to celebrate this significant milestone going forward in their journey with compassion and grace, never shying away from shedding tears for those in need, for it is in these moments of vulnerability that we encounter the presence of the divine.

"Please, do not be ashamed to cry, to feel moved by those who suffer; do not spare yourselves in exercising compassion for the fragile, because in these people, Jesus is present."

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 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 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.

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

15	School Holidays Commence	
17	Baptism Meeting	7.30pm
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.

13/14 April 2024

Acolytes	Vigil: Derrick Soares 8am: Louis Fernandes 9.30am Eugene Miu	
Ministers	Vigil: A. Bellissimo, H. Gonzales 8am: L. Fernandes, S. Nemorin 9.30am: M. Aquino, C. Brooks	
Readers	Vigil: L. Bellissimo, B. Motha 8am: F. Paiva, J. Irudayaraj 9.30am: C. Diaz, E. V. Pieris	
Altar Servers	Vigil: M. Gluovic, E. Reardon, B. Spadaro 8am: Volunteers 9.30am: S. Cullili, M. Pieris, J. Pieris	
Morning tea (after 9.30am Mass)	Young Adults Group	
Musicians	Vigil: OFS 8am: Fr Henry & C. Woodward 9.30am: Tongan Choir	
Flowers	Claudette & Judith	
Church Cleaning	13 April	Tongan Community
Welcomers	Vigil: Chrisa Gonzales 8am: Volunteer 9.30am: Sastina Pieris	

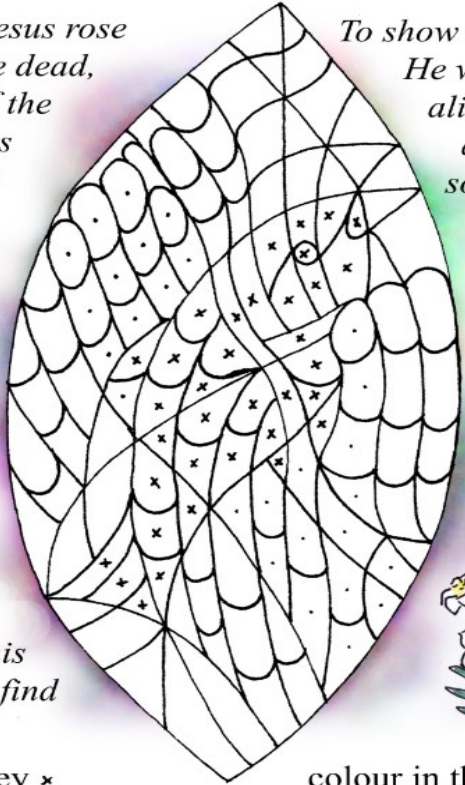
20/21 April 2024

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: A. Melki. 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	

The Kids' Bulletin

Third Sunday of Easter
April 14th, 2024

When Jesus rose from the dead, some of the disciples thought He was a ghost.



To show them that He was really alive, Jesus asked for something to eat. What did they give Him?

Colour the spaces using this code to find out!

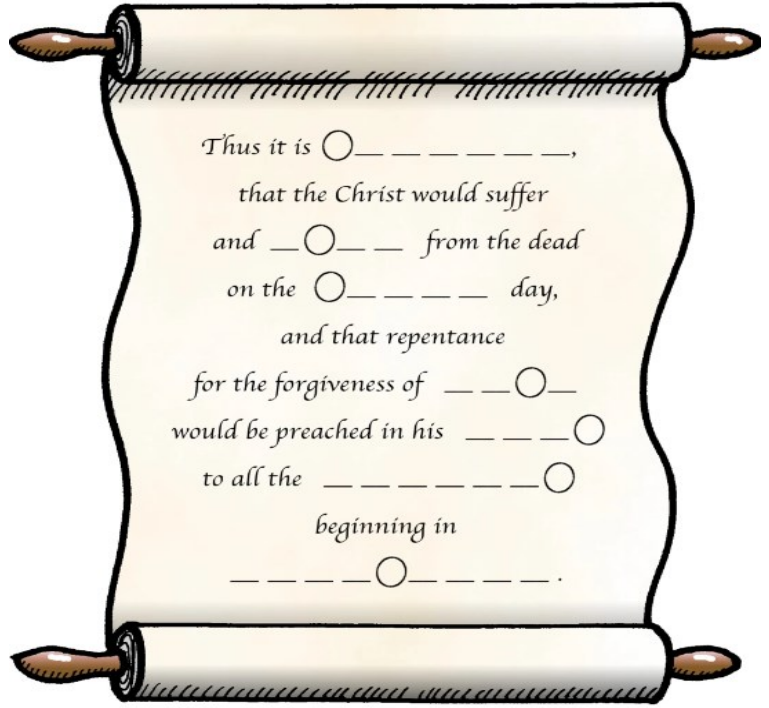
grey *
skin colour .

colour in the blank spaces any colour!



An Easter Word Puzzle

Use the words from the list to fill in the blanks. Then use the letters in circles to fill in the blanks at the end.



Thus it is ○ _____,
that the Christ would suffer
and ○ _____ from the dead
on the ○ _____ day,
and that repentance
for the forgiveness of _____ ○
would be preached in his _____ ○
to all the _____ ○
beginning in
_____ ○ _____.

Jesus wants you to be His
_____ to the world!

JERUSALEM THIRD NAME
WRITTEN NATIONS SINS RISE

Colour in the letters with the star (*) to reveal what Jesus said

D	P	E	A	C	E	A	N	I	B	E	F	L	J
	*	*	*	*	*				*	*			
M	B	W	I	T	H	C	H	K	Y	O	U	E	G
		*	*	*	*				*	*	*		

The puzzle is based on Luke 24: 36-48

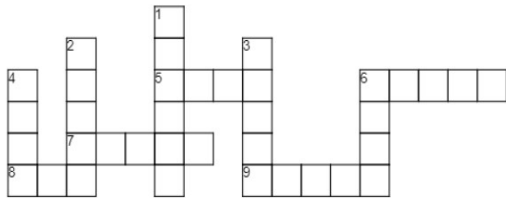
A B W T J O N C Q H G L I D R
P Q E U E H Z E Z L N B U Z V
G E Q J S Q I Q T W M X O F C
F N T W U F R I G H T E N E D
E T U I S G N F W K K N R I T
Z R D T N H Z B O R R W Z Y Q
D S E N J O V P D T G I C W Q
F H A E H S T E H G U Y S V G
W Y D S F T Z A T O U C H E W
T E I S Y L X C M Q E L Q U G
C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

Jesus Appears to the Disciples

While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you." Luke 24:36 (NIV)



Complete the activity below.



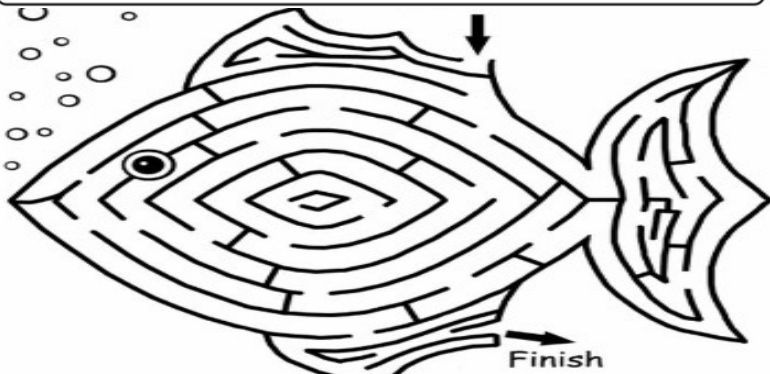
ACROSS

- An animal that lives in the water
- The soft outer parts of the body; skin
- What the skeleton is made of
- To take in food through the mouth
- to handle or feel something with your fingers

DOWN

- To feel pain
- To be unsure about something.
- A dead person appearing in a bodily form
- To return from death
- An animal that lives in the water

TOUCH	RISE	FISH	FLESH	BONES
FISH	EAT	DOUBT	SUFFER	GHOST



RISE	JESUS	PEACE	FISH	WITNESSES
GHOST	FRIGHTENED	FLESH	FEET	DEAD
BONES	DOUBTS	ATE	HANDS	TOUCH