

OUR LADY OF LOURDES

PARISH OF SEVEN HILLS

"Still a wonderful place to pray & stay."

7 Grantham Road, Seven Hills. NSW. 2147

Ph. 9622 2920

Email: secretary@olol7hills.com.au

Parish Priest: Fr Henry Huu Duc Tran
Parish Deacon: Deacon Thong Nguyen
Parish Office Team: Rosie Sadipoor, Kim Dang, Jane Nguyen
Office Hours: Monday-Friday: 9am - 3.00pm
WEEKDAY MASS: Tues, Wed, Fri. 8.00am
Thursday 9.00am
WEEKEND MASS: Saturday Vigil 6pm
Sunday 8am & 9.30am

Parish School: OLOL 8869 6800
Principal: Ms Keiran Byrnes
Reconciliation: Saturday 4:30-5:30pm
Baptismal Preparation: 18th September 2024
Baptism: 28th July 2024
Sacrament Co-Ordinator: Mrs Artelle Lenthall
Parish Website: www.olol7hills.com.au
Facebook <https://www.facebook.com/OLOL7Hills/>

17TH SUNDAY IN ORDINARY TIME 28 July 2024 • Year B



Let us Pray for the Sick

Rico Abadam, Leonila Ahillon, Florence Arinanan, Mary Attard, Rodney Bell, Sarah Bartolo, Rosella Booth, Luke C, Ben Dixon, Alma Caguimbal, Mary Camilleri, Para Dias, Ronald Fountain, Renuka Fernando, Julian Gasperini, Chmounneh Hayek, Odette James, Anthony Janicska, Mary Jordan, Clare Kinsley, Paul Leong, Blago Milicevic, Rynan Michael, Zeferino Jayson Morales, Maricar Poblete, 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

We can also arrange for Holy Communion or a visit if required.

Let us Pray for the Deceased

Recently Deceased: Emma Barriom, Barrie Chamberlain, Murial Chary, Florencia Dela Cruz, Anna Maria De Palma, Dulcie Duraisamy, Henrieta Fernando, Jasmin Fernando, Ricardo Garcia, Francisco Giusa, Cynthia Lopez, Isidro Monticer, Maria Coi Thi Nguyen, Estelita Solis Palms, Edwin Tabone, Frances Shepherd (Taiarol), Colin Zahra.

Anniversaries: Fe Abadiano, Vic Azzopardi, Frank & Fortunata Baiada, Giovanni Barnaba, Peter & Helen Bonnici, Nazarene (Ronnie) Borg, Catherine Chandra, Aloysean Corera, Monica, Dominic, Conception D'Souza, John Fernando, Nevis Fernando, M.A Fernando, Juliet Francis, Oliver Jordan, Anthony Garcia, Teodoro Garcia, Christine Gomez, Josephine Gomez, Christine Henderson, Lissy, Jose & Mary Kutty, Edouard Mahomudally, Tony Muscat, Josefina Lagare, Sheena Landagan, Rita Leon, Albert Mula, Eamon O'Sullivan, Cordula Paiva, Rosita Riveral, Jose Reyes, Cornelio & Iluminada Rondario, Michael Sant, Mary Silva, Rosary Silva, Lawrence Stanton, John Tenti, Melchor Usman, Dionisio Udan.

Remembrance: Neil Amaratunga, France Angseeing, Carmen Attard, Roy, Mary & Des Barney, Sam Borg, Zeferino Cabasa, Myrna Cruz, Saviour Caruana, Fe Licup Carmen, Tania McGove, Sam & Silvia Debattista, Camen, Jimmy, Antonio, Tania, Vivian, Joe & Launcer De Guire, Nevis Fernando, Maximilian & Julian Epondulan, Sam Gabo, Mary & Sam Galea, Evangeline Garcia, Leandro Snr Garcia, Jose Garcia, Constance Gaycroft, Frans Gutajar, Selvam Irudayaraj, Pauline Melak, Mangion & Cini Family, Antonio Mancina, Maureen & John Mead, Sashin Patrick Manamperi, Mary Mifsud, Joseph Mifsud, Emilia & William Mifsud, Laureano Reyes, Maria Reyes, Anton & Lourda Motha, Louis, Stephen & Joseph Mula, Mary & Francis Muscat, John & Roseline Ratnam, Jonathan Tek Kie, Tony Vassollo, Shane Vaz, Jim Vella, 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



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

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 EFTPOS Terminals are 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

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 with the Parish Office or contact Maryse Angseeing on 0467 701 010.

FIRST READING *A reading from the second book of the Kings 4:42-44*

A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear. 'Give it to the people to eat,' Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat' he insisted 'for the Lord says this, "They will eat and have some left over."' He served them; they ate and had some over, as the Lord had said.

The word of the Lord.

RESPONSORIAL PSALM

(R) The hand of the Lord feeds us; he answers all our needs.

1. All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God. **(R.)**

3. The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
who call on him from their hearts. **(R.)**

2. The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live. **(R.)**

SECOND READING *A reading from the second letter of St Paul to the Ephesians 4:1-6*

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, through all and within all.

The word of the Lord.

GOSPEL ACCLAMATION

Alleluia, alleluia!

A great prophet has appeared among us;

God has visited his people.

Alleluia!

GOSPEL *A reading from the holy Gospel according to John 6:1-15*

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do.

Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted.

When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

The Gospel of the Lord



Dear friends,

After reading the Gospel story for this Sunday, I tried to research to see the worth of 200 Denarii in our major currencies today, which was the amount Philip estimated as enough to buy a small piece of bread for those determined to follow Jesus. According to the current exchange market, we can get around 17,690 AUD, 11,600 USD, and 8,000 Pounds.

Imagine if you spend 17,690 AUD to buy bread for a crowd, we can get around 4,717 loaves altogether.

Think about these impressive numbers and we have some idea not just about the size of the hungry crowd persistently following Jesus to hear his preaching, the size the evangelist mentioned as 'five thousand men' in his account, but also the magnitude of the miracle Jesus carried out to nourish thousands of his hungry followers and the apostles were even able to collect twelve hampers of the left over. This miracle was many times bigger than what Elisha performed in the first reading and helped consolidate the faith of Jesus' followers who started to acknowledge him as the prophet they had been waiting for.

From a sacramental perspective, this miracle foretells the Eucharist Jesus established at the Last Supper when he blessed the bread and the cup and shared them with the apostles and then asked them to continue to do it in memory of him. From a humble beginning, the Last Supper was re-enacted again and again by the apostles to commemorate Jesus' life, death and resurrection, and gradually developed into what we know and celebrate today namely the Holy Mass including various parts as the Penitential rite, Liturgy of the Word, Liturgy of the Eucharist and the Final blessing. As Catholics, we believe that the bread and wine through the Eucharist are transubstantiated to become the body and blood of Christ to nourish us on our earthly journey to be re-united with him in eternity.

Let us pray for the grace to feel and appreciate the real presence of Christ within our community as we gather to celebrate this Sunday Mass and receive him as food in our participation in the Holy Communion.

Have an Eucharistic-oriented week,

Fr Henry

PARISH NEWS...

SERVING AS PARISH MINISTERS

Our Diocesan Liturgical Ministry Formation Courses 2024 including Extra-ordinary ministers of Communion, Ministers of Communion to the Sick and Dying, and ministers at the Altar (or Acolytes) will commence from Monday 9 September 2024, our parishioners are encouraged to enrol in your preferred ministries by completing an Enrolment form and returning it to Fr Henry.

For those who wish to become Readers or ministers of the Word, please fill out the Parish Groups form and return to Fr Henry. A Formation course shall be conducted shortly in our parish.

SACRAMENT OF THE EUCHARIST 2024

A reminder that the sacramental meetings begin on the 31st of July. For more information please contact Artelle in the parish office.

MINISTRY ROSTERS

Ministry rosters for 1 August 2024 - 31 January 2025 are now available. You can find a copy at the back Sacristy or on our website under 'Parish Forms'. If you require more copies or notice any discrepancies, please kindly contact the parish office.

ROSARY PRAYERS

Please join us for Rosary prayers on every Tuesday and Wednesday morning after Mass at 8.30am and every Thursday morning before Mass at 8.30am.

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.

PARISH PASTORAL COUNCIL MEETING

At our recent meeting on Wednesday 10 July, we continued the discussion about the Family Group Movement that we are going to introduce to our Parish. We decided to invite Dennis Farrar to come and give a talk at all Masses during the first weekend of September, pending his availability.

WELCOMING REFUGEE FAMILIES

"I was a stranger and you invited me in..." (Matthew 25:35)
How can we in our parishes reach out to help newcomers settle and feel secure?

On Wednesday 31 July, from 7.00-8.00pm, Rita Hakkoum from Catholic Care will lead a short session to tell us about a program run by the Diocese that welcomes families seeking refuge into our communities. Afterwards, we can decide if we in OLOL think we can become part of such a program. Neighbouring parishes have been invited to join us also. Come along to the St Anthony's Parish Hall, Aurelia St Toongabbie. All are welcome. Light refreshments will be available. Contact: Terry 0409 373 715

CHRIST COMMUNITY PRAYER GROUP

You are invited to hear the Word of God at length every Thursday at 9.30am in the Parish Meeting Room. It only takes about an hour of your time to get a better understanding of the Gospel and we sing songs. For more information, please contact Olivia on 0423 890 978.

BECOME A CATECHIST AN SRE VOLUNTEER!

"If we don't teach our children to follow Christ, the world will teach them not to." 1 John 5:19

We are in urgent need of catechists!

Are you thinking of becoming a catechist, but feeling unsure or anxious? Please email any enquiry that you may have to secretary@olol7hills.com.au, or call the parish office on 96222920 where we can arrange for you to speak with other current catechists available and ask any questions you may have. No experience needed. All training provided.

'We practise faith through teaching others' Matthew 28:19-20

Bishop Kevin Manning Funeral Details

The funeral Mass for Bishop Emeritus Kevin Manning, the second Bishop of Parramatta, will be held on Friday the 2nd August at 11am at St Patrick's Cathedral, Parramatta. The Mass will also be livestreamed on the Diocese of Parramatta's YouTube channel. A vigil service will be held Thursday 1 August, 6pm at St Patrick's Cathedral: Reception of the Body and Vespers of the Dead. Bishop Manning will then be interred on Monday 5 August in Coolah, NSW. We continue to pray for the repose of his soul and give thanks to God for his earthly life. To register your attendance, please visit parracatholic.org/bishopmanning.

Bishop Vincent presents Dr Myriam Wijlens: 5 August

Internationally recognised Dutch theologian, ecumenist and consultant to several Vatican bodies, Dr Myriam Wijlens will be coming to Australia to deliver a series of free public lectures on the topic of 'The prophetic voice of the laity in the renewal of the Catholic Church.' Dr Myriam will be hosted by the Diocese of Parramatta as part of its "Bishop Vincent Presents" series on Monday 5 August at St Patrick's Cathedral Hall, Parramatta, from 6pm. To register, please visit parracatholic.org/drmymiriam

Safeguarding Face-to-face Training Opportunities

The next session of face-to-face Mandatory Safeguarding Training will be held on Saturday 17 August at St Madeleine Sophie Barat Parish, Kenthurst, for Modules 4-5. More training opportunities will be available throughout August and September. 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

MET Worship Serving at the Altar Seminar: 3 August

The Office for Worship are hosting a seminar for Acolytes and Ministers of the Altar (Senior Servers) on "Back to Basics of Serving at the Altar" on Saturday 3 August from 9.30am to 3pm at the Bishop Bede Heather Centre, Blacktown. Chris Ohlsen will present the seminar, which will revisit some of the basic principles in serving at the altar. Refreshments and lunch will be provided. To RSVP by 31 July, please contact lucy.woodbury@parracatholic.org or call 0460 037 795.

Peace, Justice and Ecology Table Talk – Housing for Everyone: 3 August

Many people in our communities struggle to find a home, due to high prices to rent or buy, lack of availability, or lack of social housing. At this Diocesan Table Talk, you are invited to hear and discuss inspiring stories from people affected and insightful information from an expert: 3 August 2024 from 7pm – 9:30pm (after Mass) at The Good Shepherd Parish, 130-136 Hyatts Rd, Plumpton. Light dinner will be included. Please register at tinyurl.com/housing-table-talk24

Winbourne Being Peaceful Change Reflection Day: 17 August

The Winbourne Edmund Rice Retreat Centre, Mulgoa, is holding a reflection day on 'Being Peaceful Change' on Saturday 17 August from 9.30am to 12.30pm. "Before you speak of peace, you must first have it in your heart" (St Francis of Assisi). How might we achieve this unity and carry it forward? Cost is \$15 per person. For more information or to book, contact (02) 4773 5555 or email info@winbourne.org

Catholic Engaged Encounter Weekend:

17 – 18 August How prepared are you for marriage? The next Engaged Encounter Weekend will be held on 17-18 August, with future dates in 2025. For further information and to register, visit www.engagedencounter.org.au/

Launch of the Diocesan Pastoral Plan for a Synodal Church

The Diocese of Parramatta is excited to announce that the launch and release of the Diocesan Pastoral Plan for a Synodal Church is only 2 weeks away, on Saturday the 10th August. The pastoral plan represents the culmination of our Synod journey, where we have come together to listen, discern, and envision a path forward for our diocese over the past 15 months. Further information, visit parracatholic.org/synodality.

MET Worship Music Copyright Workshop: 30 July or 1 August

Calling all Parish musicians and members of our parish communities who create slides and booklets for our masses. Mr Eric Grella will be holding a workshop on THE IMPORTANCE OF COPYRIGHT. Bring all your questions to the Bishop Bede Heather Centre, Blacktown, 30 July or to St Nicholas of Myra Parish, Penrith on 1 August at 7pm. RSVP via <https://parracatholic.org/connect/events/?series=office-for-worship> or email lucy.woodbury@parracatholic.org.

Central Europe Pilgrimage with Fr Joseph Lam: May 2025

Final few places are available for the Cosmos tour of Central Europe with Fr Joseph Lam from St Finbar's Parish, Glenbrook. The tour runs for 15 days from 11 to 25 May 2025, travelling through Germany, Poland, Slovakia, Hungary, Austria and Czechia. Prices start from \$5,290 per person, excluding flights. For more information or to register your interest contact Ruby Travels Worldwide on 0401 895 998, email june.rubytravels@gmail.com or via rubytravelsworldwide.com

Adult Confirmation 2024 Formation Day: 24 August

The Office for Worship will host a Catechesis and Formation Day for those candidates (16+) interested in receiving the Sacrament of Confirmation this year. This will be on Saturday 24 August from 9.30am – 2.00pm at the Bishop Bede Heather Centre, Blacktown. A light lunch will be provided on the day. It is recommended that all sponsors attend the catechesis day. A contribution of \$25 is suggested from the candidates to assist in covering the Catechesis Day. For more information please contact Lucy Woodbury on lucy.woodbury@parracatholic.org or 0460 037 795.

Catholic Care Keeping Kids in Mind Parenting Course: Begins 13 August

Parenting after separation can be difficult for you and your child. This Catholic Care course over five weeks is designed to assist you in supporting your child following family separation. The sessions are held every Tuesday online from 13 August to 10 September from 10am – 12.30pm. Cost is \$150 or \$50 for concession card holders. A certificate of attendance is issued on completion of the course. To book, call (02) 8843 2500 or email enquiries@catholiccarewsbm.org.au

Are you up for fun, fitness, and fellowship? Get #Active4Vocations in the City2Surf on Sunday 11 August

Join the Parramatta Catholic Foundation #Active4Vocations team. Walk, stroll, jog, or run with our Holy Spirit seminarians, deacons, priests, and community. Scan this QR code or visit tinyurl.com/Active4Vocations to register or donate. Funds raised support our Diocese's seminarians to become priests. **Thank you for getting #Active4Vocations.**



Divine Retreat Centre offerings in 2024

The Divine Retreat Centre in Somersby, NSW is hosting a variety of single-day and weekend residential retreats throughout 2024. For more information and bookings, please contact (02) 4372 1598 or email drcretreatrego@gmail.com to confirm attendance. Visit www.divineretreatcentre.org for more information.

POPE FRANCIS' ANGELUS



Dear brothers and sisters, happy Sunday!

The Gospel of today's liturgy (Mk 6:30-34) tells us that the apostles gather around Jesus after returning from their mission. They tell Him what they have accomplished. He then says to them, "Come away by yourselves to a deserted place and rest a while." (v. 31). However, the people understand where they are headed and, when they get off the boat, Jesus finds the crowd waiting for Him. He feels compassion for them, and He begins to teach (cf. v. 34). So, on the one hand, there is an invitation to rest, and on the other, Jesus' compassion for the crowd. It is very beautiful to stop in order to meditate on Jesus' compassion. These may seem like two

incompatible things, while they actually go together: resting and being compassionate. Let us look more closely.

Jesus is concerned about the disciples' tiredness. Perhaps He is aware of a danger that can also concern our lives and our apostolate. This danger can threaten us when, for instance, our enthusiasm in carrying out our mission or our work, as well as the roles and tasks entrusted to us, make us fall victims to a kind of activism which is overly concerned with things to do and with results, and this is a bad thing. We become overly preoccupied with the things to be done, overly preoccupied with results. It then happens that we become agitated and lose sight of what is essential. We risk exhausting our energies and falling into bodily and spiritual fatigue. This is an important warning for our life and for our society which is often held prisoner by haste, but also for the Church and pastoral service: brothers and sisters, let us beware of the *dictatorship of doing*! And this can also happen out of necessity, within our families, for example when the father has to be away for work to earn a living, thus having to sacrifice the time he could have spent with the family. Often, parents leave early in the morning when the children are still sleeping and return late in the evening when they are already in bed. And this is a social injustice. In families, fathers and mothers should have time to share with their children, to let love grow within their family and in order not to fall into the dictatorship of doing. Let us think about what we can do to help people who are forced to live in this way. At the same time, the rest proposed by Jesus is not an escape from the world, a retreat into a merely personal well-being. On the contrary, when He is confronted with the bewildered people, He feels compassion. And so, from the Gospel, we learn that these two realities—*resting and being compassionate*—are linked: *only if we learn how to rest can we have compassion*. Indeed, it is only possible to have a compassionate gaze, which knows how to respond to the needs of others, if our heart is not consumed by the anxiety of doing, if we know how to stop and how to receive the Grace of God, in the silence of adoration.

Therefore, dear brothers and sisters, we can ask ourselves: am I able to stop during my days? Am I capable of taking a moment to be with myself and with the Lord, or am I always in a hurry, in a constant hurry for the things to do? Can we find some kind of an "inner desert" amidst the noise and activities of each day? May the Holy Virgin help us to "rest in the Spirit" even in the midst of all daily activities, and to be available to and compassionate towards others.

After the Angelus

Dear brothers and sisters!

This week, the Olympic Games will begin in Paris, and they will be followed by the Paralympic Games. Sport also has a great social power, and it can peacefully unite people from different cultures. I hope that this event may be a beacon of the inclusive world we want to build and that athletes, with their sporting testimony, may be messengers of peace and authentic models for young people. In particular, as is the custom of this ancient tradition, may the Olympic Games be an occasion to call for a cease-fire in wars, demonstrating a sincere desire for peace. I greet all of you, Romans and pilgrims from Italy and many countries. In particular, I greet the Notre Dame Équipe from the diocese of Quixadá in Brazil, and the "Assumpta Science Center Ofekata" Association, which is working on solidarity projects for Africa. I also greet the Silent Workers of the Cross and the Center of Volunteers of Suffering, gathered in remembrance of their founder, the Blessed Luigi Novarese; the aspirants and the young professed women of the Institute of the Missionary Sisters of Christ the King; the young men from the vocational group of the Minor Seminary of Rome, who have walked the way of St. Francis from Assisi to Rome. Let us pray, brothers and sisters, for peace. Let us not forget tormented Ukraine, Palestine, Israel, Myanmar, and many other countries that are at war. Let us not forget, let us never forget, war is a defeat!

I wish everyone a good Sunday. And please do not forget to pray for me. Have a good lunch and *arrivederci*!

POPE FRANCIS: 'Let your youth be a gift for Jesus' By Deborah Castellano Lubov

In a message to a gathering of youth ministers in Paraguay, Pope Francis calls on young faithful to let Christ transform them, and to live their youth 'as a gift for Jesus' and the world.

"Let Christ transform your natural optimism into authentic love; a love that knows how to sacrifice, that is sincere, real and genuine, so that your youth will be a gift for Jesus and for the world and you will be able to spend your life in a worthy and fruitful way." This was the encouragement Pope Francis sent to the XXI Latam Meeting of Caribbean and Latin American national youth ministry leaders, gathered in Asunción, Paraguay, July 15-20. Expressing his joy to greet the participants, the Pope emphasized the value of youth ministry for the Church, as he called on young people to let Christ use their energy to do great things. "The command of Jesus to 'arise'," he acknowledged, "means both a task and a responsibility."

Do not be afraid of the Lord

"Do not be afraid of the Lord who passes by us and whispers in our ear, bends down to us and offers us his hand to lift us up every time we fall," he said, noting Jesus wants us "on our feet," "resurrected," and therefore, we shouldn't "be afraid to let Him into your life." "Open wide the doors of your heart to Him," he continued, saying to do so "for the new life that comes from Him," one that is "without comparison" and "deserves to be lived." "*Do not be afraid of the Lord who passes by us and whispers in our ear, bends down to us and offers us his hand to lift us up every time we fall.*"

Mary accompanies with a mother's love

The Holy Father went on to entrust those gathered to the Blessed Virgin Mary.

"May she accompany your steps and intercede for you with a mother's love," he said, "so that, together with children, adults and the elderly, in intergenerational communion, you may be protagonists in a Church that is ever more synodal, disciple and missionary." In a particular way, he said, "I thank the young Paraguayans who have worked with dedication to make this meeting possible."

As the Holy Father encouraged them to live these days together in grateful faith, Pope Francis likewise invited them to continue to prepare themselves during this Year of Prayer to celebrate the next Jubilee 2025 with joyful hope.

A journey of hope

5. This interplay of hope and patience makes us see clearly that the Christian life is a *journey* calling for *moments of greater intensity* to encourage and sustain hope as the constant companion that guides our steps towards the goal of our encounter with the Lord Jesus. I like to think that the proclamation of the first Jubilee, in the year 1300, was preceded by a journey of grace inspired by popular spirituality. How can we fail to recall the various ways by which the grace of forgiveness had been poured out upon God's holy and faithful People? We are reminded, for example, of the great "Pardon" that Saint Celestine V granted to all those who visited the Basilica of Santa Maria di Collemaggio in Aquila on the 28th and 29th days of August 1294, six years before Pope Boniface VIII instituted the Holy Year. The Church was already experiencing the grace of the Jubilee as an outpouring of divine mercy. Even earlier, in 1216, Pope Honorius III granted the plea of Saint Francis for an indulgence for all those visiting the Porziuncola on the first two days of August. The same can be said of the pilgrimage to Santiago de Compostela: in 1222, Pope Callistus II allowed the Jubilee to be celebrated there whenever the Feast of the Apostle James fell on a Sunday. It is good that such "dispersed" celebrations of the Jubilee continue, so that the power of God's forgiveness can support and accompany communities and individuals on their pilgrim way.

Pilgrimage is of course a fundamental element of every Jubilee event. Setting out on a journey is traditionally associated with our human quest for meaning in life. A pilgrimage on foot is a great aid for rediscovering the value of silence, effort and simplicity of life. In the coming year, *pilgrims of hope* will surely travel the ancient and more modern routes in order to experience the Jubilee to the full. In Rome itself, along with the usual visits to the catacombs and the Seven Churches, other itineraries of faith will be proposed. Journeying from one country to another as if borders no longer mattered, and passing from one city to another in contemplating the beauty of creation and masterpieces of art, we learn to treasure the richness of different experiences and cultures, and are inspired to lift up that beauty, in prayer, to God, in thanksgiving for his wondrous works. The Jubilee Churches along the pilgrimage routes and in the city of Rome can serve as oases of spirituality and places of rest on the pilgrimage of faith, where we can drink from the wellsprings of hope, above all by approaching the sacrament of Reconciliation, the essential starting-point of any true journey of conversion.

In the particular Churches, special care should be taken to prepare priests and the faithful to celebrate the sacrament of Confession and to make it readily available in its individual form.

In a particular way, I would like to invite the faithful of the Eastern Churches, particularly those already in full communion with the Successor of Peter, to take part in this pilgrimage. They have suffered greatly, often even unto death, for their fidelity to Christ and the Church, and so they should feel themselves especially welcome in this City of Rome that is also their Mother and cherishes so many memories of their presence. The Catholic Church, enriched by their ancient liturgies and the theology and spirituality of their Fathers, monks and theologians, wants to give symbolic expression to its embrace of them and their Orthodox brothers and sisters in these times when they endure their own Way of the Cross, often forced by violence and instability to leave their homelands, their holy lands, for safer places. For them, the hope born of the knowledge that they are loved by the Church, which does not abandon them but follows them wherever they go, will make the symbolism of the Jubilee all the more powerful.

6. The Holy Year of 2025 is itself in continuity with preceding celebrations of grace. In the last Ordinary Jubilee, we crossed the threshold of two millennia from the birth of Jesus Christ. Then, on 13 March 2015, I proclaimed an Extraordinary Jubilee for the sake of making known and encouraging an encounter with the "merciful face of God", the core message of the Gospel for every man and woman of every time and place. Now the time has come for a new Jubilee, when once more the Holy Door will be flung open to invite everyone to an intense experience of the love of God that awakens in hearts the sure hope of salvation in Christ. The Holy Year will also guide our steps towards yet another fundamental celebration for all Christians: 2033 will mark the two thousandth anniversary of the redemption won by the passion, death and resurrection of the Lord Jesus. We are about to make a pilgrimage marked by great events, in which the grace of God precedes and accompanies his people as they press forward firm in faith, active in charity and steadfast in hope (cf. 1 Thess 1:3).

Sustained by this great tradition, and certain that the Jubilee Year will be for the entire Church a lively experience of grace and hope, I hereby decree that the Holy Door of the Basilica of Saint Peter in the Vatican will be opened on 24 December 2024, thus inaugurating the Ordinary Jubilee. On the following Sunday, 29 December 2024, I will open the Holy Door of my cathedral, Saint John Lateran, which on 9 November this year will celebrate the 1700th anniversary of its dedication. Then, on 1 January 2025, the Solemnity of Mary, Mother of God, the Holy Door of the Papal Basilica of Saint Mary Major will be opened. Finally, Sunday, 5 January 2025, will mark the opening of the Holy Door of the Papal Basilica of Saint Paul Outside the Walls. These last three Holy Doors will be closed on Sunday, 28 December 2025.

I further decree that on Sunday, 29 December 2024, in every cathedral and co-cathedral, diocesan bishops are to celebrate Holy Mass as the solemn opening of the Jubilee Year, using the ritual indications that will be provided for that occasion. For celebrations in co-cathedrals, the bishop's place can be taken by a suitably designated delegate. A pilgrimage that sets out from a church chosen for the *collectio* and then proceeds to the cathedral can serve to symbolize the journey of hope that, illumined by the word of God, unites all the faithful. In the course of this pilgrimage, passages from the present Document can be read, along with the announcement of the Jubilee Indulgence to be gained in accordance with the prescriptions found in the ritual indications mentioned above. The Holy Year will conclude in the particular Churches on Sunday, 28 December 2025; in the course of the year, every effort should be made to enable the People of God to participate fully in its proclamation of hope in God's grace and in the signs that attest to its efficacy.

The Ordinary Jubilee will conclude with the closing of the Holy Door in the Papal Basilica of Saint Peter in the Vatican on 6 January 2026, the Solemnity of the Epiphany of the Lord. During the Holy Year, may the light of Christian hope illumine every man and woman, as a message of God's love addressed to all! And may the Church bear faithful witness to this message in every part of the world!

(to be continued)

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 8th August 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 August. 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.

PIETY SHOP

Located at the back of the church. Please come have a browse after mass.

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 rael24@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

July

31	Sacramental (Eucharist) 1st Meeting	6.30pm
August		
7	Sacramental (Eucharist) 2nd Meeting	6.30-7.30pm
8	Over 50's Group Meeting	10.30am

OLOL MINISTRY ROSTER

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

27/28 July

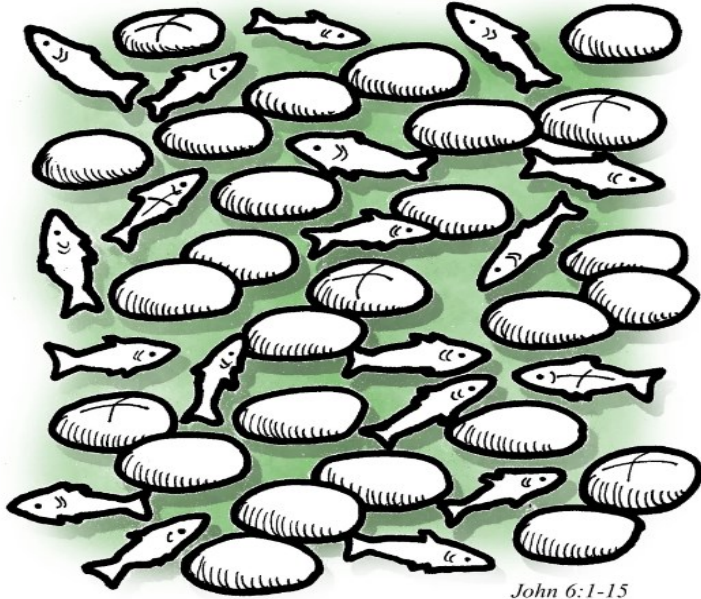
Acolytes	Vigil: James Dinning 8am: Volunteer 9.30am: Ryan Epondulan	
Ministers	Vigil: F. Paiva, J. Sarmiento 8am: F. Balatbat, M. Santos 9.30am: S. Manamperi, A. Walker	
Readers	Vigil: B. Motha, SUB RQD 8am: K. Walker, J. Irudayaraj 9.30am: I. Epondulan, F. Kennedy	
Altar Servers	Vigil: A. Bagatella, A. Laus, E. Reardon 8am: K. Maruthanayagam 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 B.	
Church Cleaning	24 July	J. Borg, A. McNally, E. Barcelon
Welcomers	Vigil: Ram Ugre 8am: Volunteer 9.30am: K. Chamberlain, E. Barcelon	

3/4 August

Acolytes	Vigil: Derick Soares 8am: Ernie Gartner 9.30am: Eugene Miu	
Ministers	Vigil: Rosey Soares, M. Mifsud 8am: H. Gonzales, C. Gonzales 9.30am: B. Chandler, G. Basili	
Readers	Vigil: Tom Perak, C. Rodrigues 8am: Raul Nigli, Pepito Ferriols 9.30am: Kamela Huihui, A. Han	
Altar Servers	Vigil: C. Bellamin, Ellie Reardon 8am: K. Cassaniti, H. Winter 9.30am: J. Martinez, O. Martinez	
Morning tea (after 9.30am Mass)	Tongan Choir	
Musicians	Vigil: Youth for Christ 8am: Fr. Henry 9.30am: Couples for Christ	
Flowers	Fenty & Liz	
Church Cleaning	1 Aug	Lourdes Spiteri, Edgardo Barcelon
Welcomers	Vigil: Judith Deloso 8am: Volunteer 9.30am: Edgardo Barcelon	

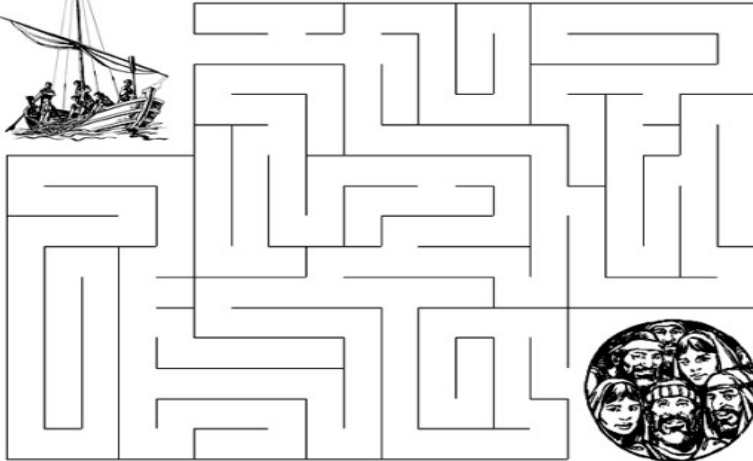
The Kids' Bulletin

17th Sunday in Ordinary Time
July 28th, 2024



John 6:1-15

When five thousand people came to hear Jesus,
He turned one boy's bread and fish
into enough for everyone.
How much did He have to start with?
Colour and count the loaves and fishes
with crosses on them to find out!



J	R	D	P	E	N	C	Q	S	M	Y	I	H	W	F	L	A	G	U	X	O	V	T	Z	K	B
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

Substitute the letter for the number to reveal the coded words.

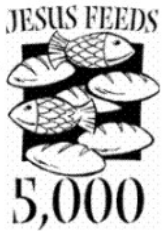
- 7-2-21-14-3 _____
- 4-5-21-4-16-5 _____
- 16-21-17-22-5-9 _____
- 15-12-9-13 _____
- 23-14-5-16-22-5 _____
- 26-17-9-25-5-23-9 _____
- 16-5-15-23 _____
- 26-21-11 _____

BASKETS	LEFT	TWELVE	FISH
CROWD	LOAVES	PEOPLE	BOY

Dinner on the Grounds

When they had all had enough to eat, he said to his disciples,
"Gather the pieces that are left over. Let nothing be wasted."
John 6:12 (NIV)

Based on John 6:1-15 (NIV)



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

TWELVE	FIVE	FISH	BARLEY	THANKS
FILLED	LOAVES	ENOUGH	JESUS	GREAT
BOY	CROWD	PEOPLE	EAT	BASKET
PLENTY	GATHER	SMALL	THOUSAND	PIECES

Spot 8 differences between the two pictures.



Crowd
Loaves