

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, Laura Ilioski
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: 18 February 2026
Baptism: 14 December 2025
Sacrament Co-Ordinator: Mrs Artelle Lenthall
Youth Co-Ordinator: Diana Park
Parish Website: www.olol7hills.org.au
Facebook <https://www.facebook.com/OLOL7Hills/>

FIRST SUNDAY OF ADVENT 30 November 2025 • Year A



Let us Pray for the Sick

Florence Arinanan, Lorenzo Balabat, Max Barrett, Luigi Bertinato, Penny Briscoe, Irene Cabasa, Alma Caguimbal, Mary Camilleri, John Crowther, Lawrence Charles, James Debattista, Christian Detera, Ben Dixon, Para Dias, Annabelle Edwards, Lucia Fernando, Renuka Fernando, Philippe Honore, Anthony Janicska, Mary Jordan, Clare Kinsley, T.Q Letran, Susie Manga, Melissa Mead, Blago Milicevic, Zeferino Jayson Morales, Gary Morrissey, Jayne Muscat, Lynnda Lim-Huynh, Michelle Pellicano, Debra Price, Camy Ratnam, Arabella Steele, Sue Tiplado, Chandra Sampantham, Caroline Stevenson, Vivian Tomines, Sakalia Ameto Vili, 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: Joe Galea, Joseph Grech, Chandra Fernando, Tessie & Andy Mangine, Maria Mendonca, Aggie Motha, Maria Amma Peter, Sam Raiti, Fay Russell, Ilalio Tautuna, Ralph Vaz, Antionette Zarb.

Anniversaries: Leisle Abreo, Mary Alagiah, France Angseesing, Blaise Costa, Frank, John Falzon, Lena Falzon, M.A Fernando, Rienzie Fernando, Monte Franco, Stephen Gravina, Paul Gauci, Martha Joseph, Pietro Marra, A. Mansoor, Charles Muscat, Tony Muscat, Jason Muscat, Jacintha Noronha, Lorita Laberinto Udan, Seu, Selela & Atonio Vili, Doreen Wardell.

Remembrance: Rev. Sr. Joyce Marie, Jose Abadiano, Neil Amaratunga, Maria Olympia Almodovar, Helen Bonnici, Gregorio Almodovar, Antonio, Amelia & Germana Bertimato, Peter & Antonio, Frank, Maurice & Joseph Camenzuli, Barrie Chamberlain, Joseph, Johnny Edwards, Sam & Silvia Debattista, Carmen, Jimmy, Antonia, Tania, Tony, Vicki, Louie, Joe & Launcer De Guire, O. Francis, J. Francis, Melvyn Fernandes, Merita Fernando, Nevis Fernando, Ileen Franklin, Leandro Garcia Snr, Evangeline, Rudy Garcia, Jose Garcia, Mario & Joe Gat, Maximilian & Julian Epondulan, Selvam Irudayaraj, J.B, Jonathan Tek Kie, Mangion & Cini Family, Sashin Patrick Manamperi, Paul Michalef, Pauline Meilak, William & Emilia Mifsud, Joseph & Doris Mifsud, Mary Mifsud, Bertu, Albert, Paul, Louis, Stephen & Joseph Mula, Anton & Lourda Motha, Mary & Francis Muscat, Jason Muscat & family, Gil & Angelita Opina, Romeo M. Palmos, Carol Anne Paterson, Lakshman Perera, Eustace Ratnam, John & Roseline Ratnam, Mary Silva, Souls of Seuava family, Sheadon Trek, Dionisio Udan, Tony Vassollo, Shane Vaz, Jim Vella, Generoso, Modesta, Fernando Viray, Antonio, Seu, Selela Vili, Vinnie Zahra, Robert & Leila Zammit, Mary Zammit.

Names will be published for 2 weeks at a time.

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 Angseesing 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 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

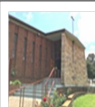
Account Name: Seven Hills Catholic Church.
BSB: 067 950
ACC: 000552
Reference: (Your **Planned Giving envelope number** or for a one off donation, 'DONATION')

IN-PERSON BANK DEPOSIT (at a Bank Inst / Branch)

Account Name: Seven Hills Catholic Church
BSB: 062 315
ACC ID # 00901486
AGENT # 660

SMART DEVICE TERMINALS

All donations made via these new machines are shared 50/50 with our Diocese



KEEP UP TO DATE

By visiting our parish website with news, the bulletin, prayers and much more. Visit www.olol7hills.org.au

FIRST READING *A reading from the prophet Isaiah 2:1-5*

The vision of Isaiah son of Amoz, concerning Judah and Jerusalem. In the days to come the mountain of the Temple of the Lord shall tower above the mountains and be lifted higher than the hills. All the nations will stream to it, peoples without number will come to it; and they will say: ‘

Come, let us go up to the mountain of the Lord, to the Temple of the God of Jacob that he may teach us his ways so that we may walk in his paths; since the Law will go out from Zion, and the oracle of the Lord from Jerusalem.’

He will wield authority over the nations and adjudicate between many peoples; these will hammer their swords into ploughshares, their spears into sickles. Nation will not lift sword against nation, there will be no more training for war. O House of Jacob, come, let us walk in the light of the Lord.

The word of the Lord.

RESPONSORIAL PSALM

(R) Let us go rejoicing to the house of the Lord.

1. I rejoiced when I heard them say:
‘Let us go to God’s house.’
And now our feet are standing
within your gates, O Jerusalem. **(R.)**

2. It is there that the tribes go up,
the tribes of the Lord.
For Israel’s law it is,
there to praise the Lord’s name.
There were set the thrones of judgement
of the house of David. **(R.)**

3. For the peace of Jerusalem pray:
‘Peace be to your homes!
May peace reign in your walls,
in your palaces, peace!’ **(R.)**

4. For love of my brethren and friends
I say: ‘Peace upon you!’
For love of the house of the Lord
I will ask for your good. **(R.)**

SECOND READING *A reading from the first letter of St Paul to the Romans 13:11-14*

You know ‘the time’ has come: you must wake up now: our salvation is even nearer than it was when we were converted. The night is almost over, it will be daylight soon – let us give up all the things we prefer to do under the cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime: no drunken orgies, no promiscuity or licentiousness, and no wrangling or jealousy. Let your armour be the Lord Jesus Christ.

The word of the Lord.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Lord, show us your mercy and love,
and grant us your salvation.

Alleluia!

GOSPEL *A reading from the holy Gospel according to Matthew 24:37-44*

Jesus said to his disciples: ‘As it was in Noah’s day, so will it be when the Son of Man comes. For in those days before the Flood people were eating, drinking, taking wives, taking husbands, right up to the day Noah went into the ark, and they suspected nothing till the Flood came and swept all away. It will be like this when the Son of Man comes. Then of two men in the fields one is taken, one left; of two women at the millstone grinding, one is taken, one left.

‘So stay awake, because you do not know the day when your master is coming. You may be quite sure of this that if the householder had known at what time of the night the burglar would come, he would have stayed awake and would not have allowed anyone to break through the wall of his house. Therefore, you too must stand ready because the Son of Man is coming at an hour you do not expect.’

The Gospel of the Lord.



FROM FR. HENRY

Dear friends,

This week marks the New Year of our new liturgical year, starting with the first Sunday of Advent, whose origin is *Adventus*, the Latin word means 'coming' translated from the Greek word 'Parousia'. Liturgically speaking, Advent is a time asking us to prepare ourselves for a threefold coming including: the coming of the commemoration of Jesus' nativity, his Second Coming, and the coming of our death.

For this new liturgical year, we shall have the chance to listen to the Gospel of Matthew, the primary one of this year, and as you know, the evangelist was thought to write this Gospel sometime after 70 AD with the intention to reach out to Jewish Christians in the post-destruction of the Jerusalem Temple, who managed to come to terms with their relationship to Judaism in a new situation, and by the world events around them were made to believe the imminence of the Second Coming.

Contextually, this Gospel account follows Jesus' prediction of (1) the fall of Jerusalem which literally took place in August 70 AD, four months after the Roma army led by Titus began to encircle it, and (2) the persecutions which the early Christians had to undergo for more than 200 years till Emperor Constantine was converted to Christianity and issued the edict of Milan in 312 to grant Christians freedom to believe. Here Jesus talks about his return or Second Coming (*Parousia*) in a totally unexpected manner and uses both the great deluge in Noah's time, a scriptural story surely very familiar to the disciples then, and the image of the burglar in the mid of the night to highlight such an unexpected nature. To prepare themselves for something they have no idea of when it will happen, they have only one choice which is not to fall asleep and must stay awake spiritually. This is a very important message, that's why Jesus repeats it twice in this same account.

We know that stay awake spiritually is important for this threefold preparation at this time of the year, but what does it mean by telling people to stay awake spiritually? Let us turn to the second reading of St Paul to the Romans today for help, here St Paul recommends to us the way of life which has 'no drunken orgies, no promiscuity or licentiousness, and no wrangling or jealousy,' in other words it is a life of self-discipline and prayers guided by the light of Jesus' teachings and filled with love for God and others.

Let us pray for the grace to help us live this way all our life, especially during this time of preparation for the commemoration of Jesus' nativity, his Second Coming and the hour of our death to come.

Have a spiritually vigilant week,

Fr Henry

PARISH NEWS...

ADVENT WREATH

It is usually constructed around a circular base. This circular base is traditionally taken to symbolise the ever-renewing cycle of the seasons, and the four candles, represent the four Sundays of Advent. The first candle known as the Prophets' candle symbolises hope. The prophets of the Old Testament, especially Isaiah, waited in hope for the coming, the *Adventus*, of the Messiah.



HALL CANOPY PLAQUE

From this weekend, the Pledging Book for the Hall Canopy Plaque is available for our parishioners to sign in as a pledge for the Plaque donation. The book can be found at the Baptismal font and donors need to register their name, phone number and accurate details on the plaque of 25 letters or less. A leaflet is also available for all to take home to further explain about this Plaque Fundraising program.

PARISH DINNER THANK YOU

We would like to thank our Parish staff for helping to prepare our Parish Thank You dinner and all our volunteers who joined the Dinner Thank You night. Many thanks to those who were unable to attend the event for the generosity to serve in various ministries within our parish.

ADVENT THANK YOU

Thank you to all our volunteers who helped set up the crib, the Christmas Trees, the Advent Wreath, and the banners.

MIDNIGHT CHRISTMAS MASS CHOIR

Parishioners of high school age and above are invited to join the Midnight Mass Choir this Christmas. Singers and instrumentalists, particularly those who play woodwind, string, or brass instruments, are warmly encouraged to join us. Practice dates will be Sunday 14 December at 11am and Saturday 20 December at 4pm. If you would like to take part or for further information, please kindly contact Christine Clarke on 0488 113 920 or the Parish Office.

THE LITTLE BOOK FOR ADVENT

In Holy Stillness is a 26-day Advent reflection resource for 2025. Written by Lisa McKerr, it includes daily reflections, questions, and prayers designed to help users find peace and prepare for Christmas. This year it is available with a discount price for \$3.00/each, please grab this opportunity to secure a copy for your spiritual nourishment as they won't last long.

MINISTERS FOR CHRISTMAS MASSES

There is a sign up sheet at the back of the church from this weekend for Ministers of the Eucharist, Acolytes, Readers, Altar Servers and Welcomers who would like to serve at a Christmas Mass. We kindly ask that ministers sign up for one liturgy only.

CHOIR PERFORMANCE AT CHRISTMAS FESTIVAL

The Filipino Chaplaincy Young Adults Choir led by Michelle and Ian Epondulan will be performing at the Philippine Christmas Pasko Festival at Tumbalong Park located in Darling Harbour this Sunday, 30th November 2025 at 10:30am and 3pm. All are welcome to come support them, free entry.

PARISH PASTORAL PLAN 2026-2030

Copies of our Parish Pastoral Plan 2026-2030 are now on and all are invited to have a look after Mass.

A PRACTICAL TIP EACH WEEK TO CELEBRATE THE SEASON OF CREATION

TIP 11 Food Pantry

Volunteer at your local food pantry! Especially during the holiday season, your help is appreciated. Help fight hunger while reducing food waste!

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.

Positions Vacant

- Catholic Chaplain – Catholic Care Western Sydney and the Blue Mountains
- Parish Secretary (permanent part-time)
Our Lady of Mount Carmel Parish, Wentworthville

More details at: parracatholic.org/jobs

Caritas Australia's Global Gifts are Christmas Cards with purpose!

Every card you buy helps build brighter futures for children, women and men experiencing hardship and poverty. By putting your compassion into action and shopping for the Global Gifts of your choice you will bring hope and joy to the world's most vulnerable and communities, while giving your loved ones a meaningful Christmas card. View the range of Global Gifts: www.globalgifts.org.au

Donate to Jesuit Refugee Services this Christmas!

As Christmas approaches, Jesuit Refugee Services is calling upon the community to support their work accompanying and serving people seeking asylum who are facing homelessness. Parishes and communities are invited to contribute to JRS' Advent Food Drive, collecting pantry staples to stock their Foodbank, or by purchasing supermarket gift cards for groceries over the holiday period. For more information about how you can help, please contact Kristen on (02) 9356 3888 or email kristen.lazarus@jrs.org.au.

Catholic Care Sewing and Crochet classes

All are welcome to join Catholic Care's weekly sewing and crochet classes every Thursday during school terms, 10am-1pm at Mamre House and Farm, 181 Mamre Rd, Orchard Hills. Learn new skills, connect with others, and enjoy a friendly, supportive environment. Perfect for those wanting to meet new people! To register, contact Catholic Care on 8843 2500 or email enquiries@catholiccarewsbm.org.au.

LOL SAFEGUARDING NEWS

Supporting the Safety of Our Community

Our Lady of Lourdes Parish Seven Hills and The Diocese of Parramatta take the safeguarding of children and vulnerable persons seriously. This includes past or present forms of abuse. Safeguarding those who are vulnerable is part of the mission that Jesus Christ entrusts to our Church. We all have a role to play in safeguarding those who are vulnerable. Concerns about safeguarding may be referred to Fr Henry, our Parish Priest, or directly to the: Office for Safeguarding and Professional Standards Ph (02) 8838 3419 or via Email: safeguarding@parracatholic.org.

Safeguarding Face-to-face Training Opportunities

If missed any of the face to face training held at our parish, you can complete these modules independently at times convenient to you via <https://learning.safeguarding.org.au>.

Copyright

The Church is not exempt from copyright legislation. It is binding on both institutions and individuals, and ignorance is not accepted as an excuse under the legislation. If a parish is not compliant, both the parish and any person involved in the breach of copyright (e.g. musicians, people preparing visual display files for liturgy) can be held to account. Here at LOL, we report all music and file image displays to the relevant licensing service.

BISHOP'S CHRISTMAS APPEAL

SUPPORTING CATHOLIC CARE GRIEF AND LOSS COUNSELLING

Many individuals and families are carrying grief, stress and uncertainty, wrestling with the rising cost-of-living, unstable work and the heartbreak of losing a loved one. Your kind generosity is the way to open the doors of hope. Please give at parracatholic.org/appeal Thank you.

Baulkham Hills Parish Christmas Carols: 6 December

Celebrate the spirit of Christmas with the Parish of Baulkham Hills' fun-filled Christmas Carols event on Saturday 6th of December at St Michael's Primary School Hall from 6.30pm (after Mass). Bring a picnic and a comfy chair and enjoy a great night of music, laughter, and friendship. For more information, contact the parish office on (02) 9639 0598 or email baulkhamhills@parracatholic.org.

Develop community self-reliance and create lasting change! Discover How you can get involved in Palms International Volunteering

Discover Palms International Volunteering [online](http://parracatholic.org/appeal) in these two special sessions where you'll hear how skill-exchange makes a lasting impact in communities in our Southeast Asian region.

1. Explore our **GAP YEAR opportunities** for (18-25yo) Year 12 graduates and university students, that could shape your future. **Date:** Thursday 4 December 2025

Time: 6pm or 9pm AEDT (NSW/VIC/ACT/TAS)

2. Join our **TIMOR-LESTE ENCOUNTER** Information session for those who would like a short taste and tour of Palms placements to Timor-Leste from 14-27 May 2026.

Date: Monday 8 December 2025

Time: 7.30pm-8.30pm AEDT (NSW/VIC/ACT/TAS)

Venue: ONLINE-Scan the QR code or register at palms.org.au/events 02 9560 5333

SCAN ME



Insurance

If you use your own vehicle for volunteer duties, your vehicle will not be covered under the Diocese's insurance policy. Any damage caused by an accident, to either the volunteer's vehicle or a third party's vehicle, must be claimed through your comprehensive car insurance policy. Any excess amounts will be your responsibility.

LOL Volunteer Responsibilities

Volunteers here at LOL have a responsibility to support the Diocese's goals and objectives. Ways we do this are by abiding by the Diocese's Code of Conduct; treating others with respect; behaving appropriately and courteously to all clergy, employees, volunteers, parishioners, contractors and the public in the course of your role; undertaking training as requested or necessary; treating confidential any personal information learned about in the course of duties; maintain professional relationships within acceptable boundaries; contributing to and maintaining workplace health and safety and being aware of the duty of care to yourselves, clergy, employees and other volunteers.

Photography

Photos may be taken of you whilst volunteering, especially during Christmas. If you do not wish your photo to be used, please inform the person taking the photo or through the Parish Office. Permission from a child's parent/guardian must be sought before taking any photographs of children.

POPE LEO'S ANGELUS

Dear brothers and sisters!

Before we raise our voices together for the Angelus prayer, I would like to greet all of you who have taken part in this Jubilee celebration, especially the choirs who have come from all over the world. Thank you for your presence! And may the Lord bless your service.

My greetings to all the other pilgrims, in particular to the ACLI of the Teramo-Atri Diocese and to the faithful coming from several dioceses in Ukraine, take home with you the embrace and prayers of this square.

I was deeply saddened to learn of the kidnapping of priests, faithful, and students in Nigeria and Cameroon. I feel great pain, above all for the many young men and women who have been abducted and for their distressed families. I make a heartfelt appeal for the immediate release of the hostages and urge the competent authorities to take appropriate and timely decisions to ensure their release. Let us pray for these brothers and sisters of ours, and that churches and schools may always and everywhere remain places of safety and hope.

Today, dioceses around the world are celebrating World Youth Day. I bless and spiritually embrace all those taking part in the various celebrations and initiatives. On the feast of Christ the King, I pray that every young person may discover the beauty and joy of following him, the Lord, and dedicating him or herself to his Kingdom of love, justice and peace.

My Apostolic Journey to Türkiye and Lebanon is now close. In Türkiye, the 1700th anniversary of the Council of Nicaea will be celebrated. For this reason, the Apostolic Letter *In Unitate Fidei* is being published, commemorating this historic event.

Let us turn to the Virgin Mary, entrusting all these intentions and our prayer for peace to her maternal intercession.

POPE LEO XIV: CHOIRS ARE CALLED TO BE A SIGN OF THE CHURCH UNITY

Vatican News

Celebrating the Jubilee of Choirs on the Solemnity of Christ the King, Pope Leo XIV invited choristers and musicians to rediscover their ministry as a service of love, unity, and synodality within the Church.

Presiding over Mass in St. Peter's Basilica, the Holy Father reflected on the day's responsorial psalm, noting that the liturgy "invites us... to walk together in praise and joy towards the encounter with the Lord Jesus Christ, King of the Universe."

Christ's kingship, he said, is revealed not in power but in self-giving: "His power is love, his throne the Cross," from which "his Kingdom shines forth upon the world"

Music as an expression of love

Addressing thousands of choristers gathered for their jubilee, Pope Leo XIV said that sacred music is rooted in the mystery of divine love.

"Singing belongs to those who love," he recalled, citing Saint Augustine. Those who sing, he added, "give expression to love, but also to the pain, tenderness and desire that dwell in their hearts"

The Pope described music as a gift of humanity that conveys what words alone cannot express. In the life of the Church, he said, song becomes "the 'new song' that the Risen Christ raises to the Father," in which the baptised participate as "singers of grace" who manifest "the joy of new life in Christ."

A synodal choir walks together

Pope Leo XIV encouraged choirs to see their work as a model of ecclesial unity.

Quoting again from Saint Augustine, he invited choristers to "sing while we walk," like travellers sustained by hope. "Being part of a choir means advancing together... consoling our brothers and sisters in their suffering... and encouraging them when difficulties seem to prevail."

He also drew upon the writings of Saint Ignatius of Antioch, who saw in united voices a symbol of the Church's harmony: "From your unity and harmonious love, sing to Jesus Christ... taking up the song of God in unison."

Ministry of prayer, not performance

The Pope reminded choir members that their service is "a true ministry that requires preparation, commitment... and above all, a deep spiritual life" so that they may help others pray through their singing.

He cautioned against turning liturgical music into a performance: "You are not on stage, but rather a part of [the] community," called to foster unity rather than "ostentation," which would hinder full participation of the faithful.

The choir, he noted, is "a small family" where tensions may arise, yet it remains "a symbol of the Church, which... walks through history praising God," even amid trials.

Saint Cecilia

Pope Leo XIV concluded by entrusting all choristers to Saint Cecilia, "who raised the most beautiful song of love through her life... giving herself entirely to Christ."

Cycle of Catechesis – Jubilee 2025: Jesus Christ Our Hope. IV. The Resurrection of Christ and the Challenges of the Contemporary World. 6. *Hoping in life in order to beget life.*

Dear brothers and sisters, good morning and welcome!

The Pasch of Christ illuminates the mystery of life and allows us to look at it with hope. This is not always easy or obvious. Many lives, in every part of the world, appear laborious, painful, filled with problems and obstacles to be overcome. Yet human beings receive life as a gift: they do not ask for it, they do not choose it, they experience it in its mystery from the first to the last day. Life has its own extraordinary specificity: it is offered to us, we cannot give it to ourselves, but it must be constantly nurtured: it needs care to maintain, energize, protect and revive it.

One could say that the question about life is one of the most profound concerns of the human heart. We entered life without having done anything to decide to do so. The questions of all ages gush forth from this fact, like an overflowing river: Who are we? Where do we come from? Where are we going? What is the ultimate meaning of this journey?

Indeed, living invokes meaning, direction, hope. And hope acts as the deep-seated drive that keeps us walking in difficulty, that prevents us from giving up in the fatigue of the journey, that makes us certain that the pilgrimage of existence will lead us home. Without hope, life risks appearing to be a parenthesis between two eternal nights, a brief pause between the before and the after of our journey on earth. To hope in life means instead to anticipate the destination, to believe as certain what we still cannot see or touch, to trust and to entrust ourselves to the love of a Father who created us because he wanted us with love, and wants us to be happy.

Dear friends, there is a widespread sickness in the world: the lack of confidence in life. It is as if we have resigned ourselves to a negative fatalism, to renunciation. Life risks no longer representing a gift, but an unknown, almost a threat from which to protect ourselves so as not to end up disappointed. For this reason, the courage to live and to generate life, to bear witness that God is the quintessential “lover of life”, as the *Book of Wisdom* (11:26) affirms, is today a more urgent call than ever.

In the Gospel, Jesus constantly confirms his concern for healing the sick, restoring wounded bodies and spirits, and giving life back to the dead. By doing so, the incarnate Son reveals the Father: he restores dignity to sinners, grants the forgiveness of sins, and includes everyone, especially the desperate, the excluded, those who are far from his promise of salvation.

Begotten by the Father, Christ is life and has generated life without reserve, to the point of giving his own, and he invites us too to give our lives. To generate means to bring someone else to life. The universe of the living has expanded via this law, which in the symphony of creatures experiences a wonderful “crescendo” culminating in the duet of man and woman: God created them in his own image and entrusted them with the mission of generating in his image, that is, for love and in love.

From the beginning, Sacred Scripture reveals to us that life, precisely in its highest form, the human form, receives the gift of freedom and becomes a tragedy. In this way, human relationships are also marked by contradiction, even to the point of fratricide. Cain perceives his brother Abel as a rival, a threat, and in his frustration, he feels unable to love him and respect him. Here we see jealousy, envy, and bloodshed (*Gen 4:1-16*). God’s logic, instead, is completely different. God always stays faithful to his plan of love and life; he does not tire of supporting humanity even when, following in Cain’s footsteps, it obeys the blind instinct of violence in war, discrimination, racism, and the many forms of slavery.

To generate, then, means to trust in the God of life and to promote humanity in all its expressions: first and foremost, in the wonderful adventure of motherhood and fatherhood, even in social contexts in which families struggle to bear the burden of daily life, and are often held back in their plans and dreams. According to this same logic, to generate is to be committed to an economy based on solidarity, striving for a common good equally enjoyed by all, respecting and caring for creation, offering comfort through listening, presence, and concrete and selfless help.

Brothers and sisters, the Resurrection of Jesus Christ is the strength that supports us in this challenge, even when the darkness of evil obscures the heart and the mind. When life seems to have been extinguished, obstructed, the Risen Lord still passes by, until the end of time, and walks with us and for us. He is our hope.

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 2 weeks at a time.



LOURDES OVER 50s GROUP

Over 50s meeting Thursday 12th February 2026, 10.30am– 1pm in the Parish Hall. Please bring a plate to share.

LOURDES: LUMINATE YOUNG ADULTS GROUP

For information please contact Ian Epondulan: youtholol7h@gmail.com or search 'Lourdes 7Hills Young Adults' on Facebook.

THE GROTTTO: OLOL JUNIOR YOUTH GROUP

We invite children aged 9-14yrs old to join our Parish junior youth group on every third Sunday of the month. For information please contact Diana Park via email: dianap@olol7hills.com.au or visit ololyouth7hills on Instagram or search 'OLOL Youth Ministry' on Facebook.

LOURDES PLAYGROUP

OLOL 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 9.00am-11.00am in the Parish Meeting Room. For further information please contact Maria Hosni 0432 174 056 or the Parish Office.

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.

December 2025		
14	Christmas 'Midnight Choir' Practice	11.00am
17	Last Day School Term 4	
17	Parish Second Rite of Reconciliation	7.30pm

OLOL MINISTRY ROSTER

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

29/30 November

Acolytes	Vigil: Darryl Green 8am: Eugene Miu 9.30am: Rommel Lagare
Ministers	Vigil: J. Franco, M. Mifsud 8am: F. Paiva, B. Motha 9.30am: Kilifi Huihui, C. Brooks
Readers	Vigil: A. Franco, N. Sumcad 8am: P. Ferriols, K. Walker 9.30am: Kamela Huihui, E. Pieris
Altar Servers	Vigil: M. Forrest, C. Smith, E. Wright 8am: C. Bellamin, Sub Rqd 9.30am: J. Blackshaw, Jenolin & Majerin Pieris
Morning tea (after 9.30am Mass)	Family Group Movement
Musicians	Vigil: Maximilian Chorale 8am: Fr Henry 9.30am: Shaun's Group
Flowers	Fennie & Angela
Church Cleaning	13 Dec Tongan Community Edgardo Barcelon Edgar Cabrera Aman Rawah
Welcomers	Vigil: Volunteer 8am: Volunteer 9.30am: Sastina Pieris

6/7 December

Acolytes	Vigil: Derick Soares 8am: Terry Jordan 9.30am: Ryan Epondulan
Ministers	Vigil: M. Simic, R. Soares 8am: J. Irudayaraj, F. Paiva 9.30am: A. Han, F. Kennedy
Readers	Vigil: R. Saldanha, Yxaak Dino 8am: J. Sarmiento, A. McNally 9.30am: A. Pushparajan, M. Aquino
Altar Servers	Vigil: Jessie & Joshua Jeganathan, Geoffrey George 8am: Sub Rqdd 9.30am: Sub Rqd, A. Melki, K. Cassaniti
Morning tea (after 9.30am Mass)	Tongan Choir
Musicians	Vigil: Christine Clarke 8am: Fr Henry 9.30am: Couples for Christ
Flowers	Fenty & Liz
Church Cleaning	18 Dec Cathy Hutchings Annette Peatman Edgardo Barcelon
Welcomers	Vigil: Judith Deloso 8am: Volunteer 9.30am: Edgardo Barcelon

The Kids' Bulletin

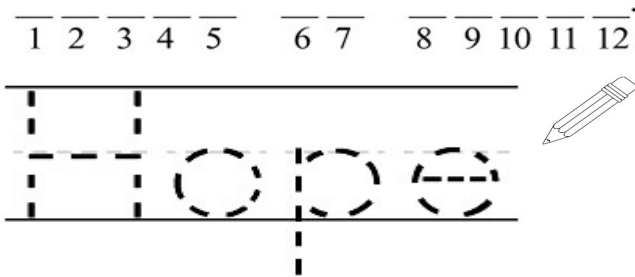
First Sunday of Advent
November 30th, 2025

Sort the letters to fill in the blanks at the bottom



Romans 13:11-14

In today's second reading
Saint Paul tells the Romans to throw off the
works of darkness and put on the



Choose the word that best matches the definition.

- ___ 1. The period from sunrise until sunset
A. hour B. morning C. day D. night
- ___ 2. A period of time sixty minutes long
A. week B. minute C. hour D. day
- ___ 3. One who steals something
A. thief B. angel C. owner D. Noah
- ___ 4. Man in the Bible who built an ark
A. Jonah B. Moses C. Abraham D. Noah
- ___ 5. To look or observe attentively or carefully
A. sleep B. watch C. dream D. doze
- ___ 6. To be prepared or available for service or action
A. ready B. return C. absent D. lazy
- ___ 7. The time period from sunset until sunrise
A. morning B. night C. day D. afternoon
- ___ 8. To come back
A. return B. leave C. stay D. watch

Ready for His Return

So you also must be ready, because the Son of Man will come at an hour when you do not expect him. Matthew 24:44 (NIV)

The puzzle is based on Matthew 24:36-44 (NIV).



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

WATCH	FATHER	PEOPLE	HEAVEN	READY
NOAH	DAY	DRINKING	COME	MARRYING
GRINDING	WOMEN	ANGELS	MEN	THIEF
FLOOD	EXPECT	SON	EATING	HOPE

