

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 Office Team: Rosie Sadipoor, Kim Dang, Jane Nguyen, Laura Ilioski

Office Hours: Tuesday-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: 22 February 2026

Sacrament Co-Ordinator: Mrs Artelle Lenthall

Youth Co-Ordinator: Diana Park

Parish Website: www.olol7hills.org.au

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

FOURTH SUNDAY IN ORDINARY TIME 1 February 2026 • 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, Donald, Xi, Susie, Vladimir, Charles, Lawrence Charles, Hoa Chau, James Debattista, Christian Detera, Ben Dixon, Annabelle Edwards, Para Dias, Lucia Fernando, Renuka Fernando, Grace George, Philippe Honore, Anthony Janicska, Mary Jordan, Takis Karapatsakis, Clare Kinsley, T.S.Q. Letran, Bob & Theresa Marini, Sandra & Kenny Mahoney, Susie Manga, Melissa Mead, Blago Milicevic, Zeferino Jayson Morales, Gary Morrissey, Jayne Muscat, Lynnda Lim-Huynh, Mary Odeke, Michelle Pellicano, Maricar Poblete, Debra Price, Camy Ratnam, Arabella Steele, Sue Tipaldo, 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: Sr Anna Maria Sammut, Anthony Hastings, Aggie Motha, Maria Amma Peter, Anthony Ruzgas, Bob Marini, Minerva Carpizo, Dorothy Newman.

Anniversaries: Leisle Abreo, Cecilia Abela, Mary Alagiah, France Angseesing, Lourdes Apalisok, Tony Borg, Dennis Clarke, Blaise Costa, Mary Camenzuli, Rita de Silva, Alita Do Rosario, Frank, M.A Fernando, Joseph, Carmena & Sammy Formosa, Rienze Fernando, Monte Franco, Jean, Elsie, Karl, Gervais Garrick, Marina Gontates, Joseph Mahon, Pietro Marra, A. Mansoor, Michael Meyers, Prudencio Moneses, Irene Moroney, Thelma Morrissey, Anton & Lourda Motha, Paul Mula, Louis & Stephen Mula, Charles Muscat, Tony Muscat, Ngan Pin, Felix & Andreanna Muscat, Carol Orduna, Nicanor Pasanal, Etang Espirita Petilla, Bernabe Quinto, Eustace Ratnam, Jim & Alison Vella.

Remembrance: Neil Amaratunga, Sydney Azie, Antonio, Amelia & Germana Bertinato, Sam Borg, Rolily Burac, Peter & Antonio, Frank, Maurice & Joseph Camenzuli, Barrie Chamberlain, Ngan Siu Eng, Joseph, Johnny Edwards, Sam & Silvia Debattista, Carmen, Jimmy, Antonia, Tania, Tony, Vicki, Louie, Joe & Lancer De Guire, Bede Diab, Debe Diab, Marcel Diab, Mohsen Diab, Peter Diab, Toufic Diab, Elekise & Family, O. Francis, J. Francis, Harold Ngan, Melvyn Fernandes, Merita Fernando, Nevis Fernando, Cole & Leo Ngan, Leandro Garcia Snr, Evangeline, Rudy Garcia, Jose Garcia, Mario & Joe Gat, Maximilian & Julian Epondulan, Selvam Irudayaraj, J.B, Jonathan Tek Kie, Mangion & Cini Family, Tessie & Andy Mangine, Apolinario & Felina Maglaya, Sashin Patrick Manamperi, Pauline Meilak, William & Emilia Mifsud, Joseph & Doris Mifsud, Mary Mifsud, Bertu, Albert, Paul, Louis, Stephen & Joseph Mula, Xavier Motha Jnr, Mary & Francis Muscat, Jason Muscat & family, Phillippa & Jim Muscat, Serge Pasnin, Coleen O'Sullivan, Lakshman Perera, John & Roseline Ratnam, Mary Silva, Sheadon Trek, Tony Vassollo, Shane Vaz, Jim Vella.

****Names will be published for 2 weeks at a time.****



KEEP UP TO DATE

By visiting our parish website with news, the bulletin, prayers and much more. 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 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

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.

FIRST READING *A reading from the prophet Zephaniah 2:3, 3:12-13*

Seek the Lord all you, the humble of the earth, who obey his commands. Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord. In your midst I will leave a humble and lowly people, and those who are left in Israel will seek refuge in the name of the Lord. They will do no wrong, will tell no lies; and the perjured tongue will no longer be found in their mouths. But they will be able to graze and rest with no one to disturb them.

The word of the Lord.

RESPONSORIAL PSALM

(R) Happy the poor in spirit; the kingdom of heaven is theirs!

1. It is the Lord who keeps faith forever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. **(R.)**

3. It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. **(R.)**

2. It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan. **(R.)**

SECOND READING *A reading from the letter of St Paul to the Corinthians 1:26-31*

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show up those who are everything.

The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

The word of the Lord.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Rejoice and be glad;
Your reward will be great in heaven.
Alleluia!

GOSPEL *A reading from the holy Gospel according to Matthew 5:1-12*

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit: theirs is the kingdom of heaven. Happy the gentle: they shall have the earth for their heritage. Happy those who mourn: they shall be comforted. Happy those who hunger and thirst for what is right: they shall be satisfied. Happy the merciful: they shall have mercy shown them.

Happy the pure in heart: they shall see God. Happy the peacemakers: they shall be called sons of God. Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven. 'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

The Gospel of the Lord.

FROM FR. HENRY



Dear friends,

Welcome to our first bulletin of 2026, an exciting year for our parish community as we commit to the building of the Hall canopy aimed to provide an undercover outdoor area for our parishioners to gather for social functions, let's make this building project a great opportunity to showcase our generosity and strengthen our unity.

In the Gospel reading this week, Matthew gives us an account of the Beatitudes also known as Jesus' Sermon on the Mount or even more impressive the Constitutions of the Kingdom of God for it highlights various ways of the life Jesus encourages his followers to take in order to receive his blessings and find happiness. These ways are completely opposite to what Jewish people in his time were taught and believed in.

It is helpful to keep in mind how Jewish people once understood wealth and riches, they were seen as tangible rewards given by God. The wealthy, who had the time to study Sacred Scripture and the Law, especially the oral traditions, including the 613 man-made clauses used to interpret the laws God entrusted to Moses on Mount Sinai, were thought to be holy because of their dedication to sacred things. As such, they were considered worthy of places of honor in God's kingdom. On the other hand, the poor, whose poverty was often viewed as punishment for their sins, had no time to engage with Scripture or the Law. Consequently, a share in holiness and a place in the kingdom of God were believed to be simply beyond their reach.

With his presentation of the Beatitudes, Jesus profoundly challenged the old-aged belief of his contemporary and began to change things around in a radical way as he named the poor who had to suffer in their sorrows, in their lowliness, in their persecutions, in their tears as the blessed and happy people. These, not the rich and powerful any more shall be comforted and satisfied, become children of God and receive the places in the kingdom of God. This truly was the start of a spiritual revolution to excite the have-nots but also upset the powerful minority.

More significantly, Jesus' view in the Beatitudes is very much aligned with the way God would treat the humble and the lowly in the first reading from the prophet Zephaniah, that they will find a place to stay on the day of divine anger and live in peace with no one to disturb them.

Let us ask today for the wisdom to understand the beauty of the Beatitudes and the strengthen both to promote and follow them and pray that the way we live our lives today will bring us comfort, satisfaction, happiness and most of all a place in the kingdom of God when we leave this world.

Have a Beatitudes-oriented week and New year.

Fr Henry

PARISH NEWS...

OUR LADY OF LOURDES PARISH FEAST DAY ALL WELCOME!

Our Parish Feast Day will fall on Sunday 8th February this year.
We are going to celebrate officially at the 9.30am Sunday Mass
followed by a luncheon in the hall.

Please come along and join in commemorating this special day.

We are inviting parishioners to bring along a plate to share.

For further enquiries, please contact Evelyn on 0437 572 636
or the parish office.



PARISH FEAST DAY MASS

All Altar servers are invited to serve at the 9.30am Mass on Sunday 8 February, please come and get ready at least 15 minutes prior to Mass.

LEADERS DAY RETREAT

Are you a teen or young adult who wants to share their faith with the youth? Join us on the 7th of February at 2pm in the Parish Meeting Room for our Leaders Day Retreat! This day of prayer and reflection is for existing leaders as well as anyone interested in becoming a leader. Scan the QR code on the posters around the exits of the church or email Diana via diana@olol7hills.com.au

BECOME A CATECHIST AN SRE VOLUNTEER

Volunteers from OLOL parish share their faith with children in local public primary schools, including Seven Hills, Seven Hills North, Bert Oldfield, and Vardys Road. Volunteers give just one hour a week and are supported with training and teaching materials. For further enquiries please contact Anne McNally on 0466 993 159.

PLEDGE BOOK FOR HALL CANOPY PLAQUE

Thank you to those who signed the Pledge Book for the Hall Canopy Plaque, and for those who wish to sign, this book is located at the Baptismal font. Please register your 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 the Plaque Fundraising program.

AN IMPORTANT REMINDER

Please remember that we are all responsible for our House of God at Seven Hills. When using the Church's equipment we ask that they be returned back to their correct spot, take care when opening/closing windows and by not bringing any food into the church, that includes the crying room. Parents are encouraged to bring soft toys and pencils for children to work with our weekly bulletin. We kindly ask parents to please monitor your children near the candles at all times.

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.

DIOCESAN NEWS

Annual Diocesan Red Mass: 3 February

Fr Robert Riedling, Dean of St Patrick's Cathedral Parramatta, cordially invites members of the judiciary & legal community, public service officials, law students and their families to the [annual Red Mass](#). Join us on Tuesday 3 February at 7pm, refreshments will be served following the Mass. Please RSVP by Friday 30 January to enquiry@stpatscathedral.com.au or call (02) 8839 8400.

St Josephine Bakhita Memorial Mass & Community Celebration: 8 February

You are warmly invited to the annual St Josephine Bakhita Memorial Mass & Community Celebration on Sunday 8th of February at 12:30pm at St Patrick's Church, MQOF Parish, Blacktown. The South-Sudanese and Sudanese Catholic Community, supported by the Mission Enhancement Team, will celebrate their national patron saint, share spirituality, culture and cuisine, and pray for victims of modern slavery and human trafficking. All are welcome to attend.

Volunteer Cook Wanted for Catholic Care's Houses to Homes program

Catholic Care's Houses to Homes program is seeking a volunteer cook to lead simple, hands-on cooking sessions for a small group of women once a month. Sessions run on a Friday from 10am to 12midday, with ingredients provided, and conclude with participants sharing the meal together. All required screening and training will be supported. For more information or to express interest, please contact enquiries@catholiccarewsbm.org.au or call (02) 8843 2500.

Missionaries of God's Love Discernment Retreat Weekend: 13-15 March

An opportunity for single women aged 18-35 to come and listen for the voice of Jesus, ask questions and experience prayer, talks, sisterhood and times of sharing to help you discern your vocation. The weekend will be held on from 13 to 15 March at Carmel House, 345 St Andrews Rd, Varroville. Registration: mglsisters.sydney@gmail.com

OLOL SAFEGUARDING NEWS

What is Safeguarding?

Measures to protect the safety, human rights and well-being of individuals, which allow people – in this context children and most vulnerable – to live free from abuse, harm and neglect.

When should I complete my Safeguarding Training?

All Clergy, employees and volunteers in parish ministry are required by the NSW Children's Guardian Act 2019 to be current and complete with Safeguarding Training. Check with your Parish Office when you are due to update your Safeguarding Training.

- If you are new to ministry, you must complete the Introductory Modules 1-3 (Cycle 1).
 - If you completed Cycle 1 modules two years ago, you must complete Renewal Modules 4 and 5 (Cycle 2)
- If you renewed your Cycle 2 two years ago, you must complete a Refresher Module 6 (Cycle 3)

Safeguarding Training Modules can always be completed online at <https://learning.safeguarding.org.au/>.

Face-to-face training opportunities can be found at <https://parracatholic.org/connect/events/?series=safeguarding-training>.

Rosary Making Workshop: 9 February

Come along for a fun evening of community and crafting rosary beads that will then be donated to the sick and dying in hospitals across our Diocese. The craft evening will be held on Monday 9 February at the Bishop Bede Heather Centre, Blacktown. Costs are \$5 per person – payable on arrival (includes all materials). To register and for further information, please visit parracatholic.org/rosary-workshops

Diocesan World Day of the Sick: 11 February

Mass for the World Day of the Sick, including the Sacrament of the Anointing of the Sick, will be held at 11am on the 11th February 2026 at St Patrick's Church, Mary, Queen of the Family Parish, Blacktown. All are welcome, including those who may be sick, and those who care for the sick and dying and health care professionals. To register, please visit parracatholic.org/events/diocesan-world-day-of-the-sick-mass/

Blacktown Parish presents 'The Witness'

Mary Queen of the Family Parish, Blacktown, are bringing to life the musical "The Witness" – telling the story of the life of Jesus through the eyes of St Peter. Open auditions will be taking place on Sunday 1 February from 11am-1pm and 2pm-4pm and Monday 2nd of February from 6pm-8.00pm at St Patrick's Church, Blacktown. We encourage anyone who is interested in being part of The Witness experience to [register](#). For vocal auditions, contact our Music Director, Marianne Fernandes, at music@bethewitness.com.au. To learn more, visit [Be The Witness – The Musical](#) or email info@bethewitness.com.au.

Catholic Healthcare formation and support Mass: 22 February

The Diocese's Catholic Healthcare ministry, in collaboration with the Hawkesbury Deanery, is organising a formation and support Mass for those in the healthcare ministry of the Church on Sunday 22 February at Our Lady of the Angels Parish, Rouse Hill, at 5:30pm. For further information, please contact Deacon Michael Tan on

Safeguarding Training Dates for Deaneries

From this year, parishes within a Deanery will have the same Safeguarding Training Renewal and Refresher Dates. In 2026, the dates for those in a Deanery to update and complete their Training will be:

- Blacktown Deanery – April 2026
 - The Hills Deanery – August 2026
- Cumberland Deanery – November 2026
The remaining Deaneries will renew in 2027.

Online Training Modules are always available for those who are entering ministry. Face-to-face opportunities can be found at: <https://parracatholic.org/connect/events/?series=safeguarding-training>. For further inquiries and to book in F2F Training dates at your Parish, please contact: safeguardingtraining@parracatholic.org

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.

POPE LEO' ANGELUS

Brothers and sisters, happy Sunday!

After his baptism, Jesus began his preaching and called his first disciples: Simon, who is called Peter, his brother Andrew, and James and John (cf. *Mt* 4:12-22). Reflecting more closely on this scene from today's Gospel, we can ask ourselves two questions. The first concerns the *timing* of Jesus' mission, and the second regards the *place* he chose to preach and to call his apostles. We may ask: *When* did he begin? And *where* did he begin?

First of all, the Gospel tells us that Jesus began his preaching "when he heard that John had been arrested" (v. 12). He began, therefore, at what might appear to be an inopportune moment. John the Baptist had just been imprisoned, and the leaders of the people were seemingly reluctant to embrace the newness of the Messiah.

Apparently, it was a time that called for caution. Yet, it was precisely in this dark situation that Jesus began to bring the light of the Good News: "The kingdom of heaven has come near" (v. 17).

In our lives, both individually and as a Church, interior struggles or circumstances we deem unfavorable can lead us to believe that it is not the right time to proclaim the Gospel, to make a decision, to make a choice, or to change a situation. In this way, however, we risk becoming paralyzed by indecision or imprisoned by excessive prudence, whereas the Gospel calls us to dare to trust. God is at work at all times; every moment is "God's time," even when we do not feel ready or when the situation seems unfavorable.

The Gospel also offers us insight into the specific place where Jesus began his public mission. We are told that he "left Nazareth and made his home in Capernaum" (v. 13). By doing so, he remained in Galilee – a predominantly pagan territory that trade had transformed into a crossroads and a place of encounter. We might describe it as a multicultural region, traversed by people of diverse origins and religious affiliations. In this sense, the Gospel reveals that the Messiah, while coming from Israel, transcends the borders of his own land to proclaim a God who draws close to everyone. He is a God who excludes no one, and who comes not only for the "pure," but enters fully into the complexity of human situations and relationships. As Christians, therefore, we too must overcome the temptation toward isolation. The Gospel must be proclaimed and lived in every setting, serving as a leaven of fraternity and peace among all individuals, cultures, religions and peoples.

Brothers and sisters, like the first disciples, we are called to embrace the Lord's invitation with joy, knowing that every time and every place in our lives is permeated by his presence and his love. Let us pray to the Virgin Mary, that she may obtain for us this inner trust and accompany us on our journey.

After the Angelus

Dear brothers and sisters,

This Sunday, the third Sunday in Ordinary Time, is the Sunday of the Word of God. Pope Francis instituted it seven years ago to promote throughout the Church knowledge of Sacred Scripture and greater attention to the Word of God in the Liturgy and in the life of communities. I thank and encourage all those who are committed with faith and love to this priority.

Even in these days, Ukraine is being hit by continuous attacks, leaving entire populations exposed to the cold of winter. I am following the situation with sorrow, and I am close to and pray for those who suffer. The continuation of hostilities, with increasingly serious consequences for civilians, widens the rift between peoples and pushes further back the opportunity for a just and lasting peace. I invite everyone to intensify their efforts to end this war.

Today is World Leprosy Day. I express my closeness to all those affected by this disease.

I offer a word of support to the Italian Association of Friends of Raoul Follereau and all those who care for leprosy patients, especially their commitment to protecting the dignity of patients.

I welcome all of you, faithful of Rome and pilgrims from various countries! In particular, I greet the parish choir of Rakovski, Bulgaria, the group of Quinceañeras from Panamá, the students of the Zurbarán Institute in Badajoz, Spain; as well as the confirmands from the parish of San Marco Vecchio in Florence, the school community of the Erodoto Comprehensive Institute in Corigliano-Rossano, and the Cuori Aperti Volunteer Association in Lecce.

I warmly greet the young people of Catholic Action of Rome, together with their parents, educators and priests, who have organized the Caravan for Peace. Dear children and young people, I thank you because you help us adults to look at the world from another perspective: that of cooperation between people and among diverse peoples. Thank you! Be peacemakers at home, at school, in sports, everywhere. Never be violent, neither with words nor with gestures. Never! Evil can only be overcome with good.

Together with these young people, let us pray for peace: in Ukraine, in the Middle East, and in every region where, unfortunately, there is fighting going on for interests that are not those of the people. Peace is built on respect for peoples!

Today concludes the Week of Prayer for Christian Unity. In the afternoon, as is tradition, I will celebrate Vespers in the Basilica of Saint Paul Outside the Walls together with representatives of other Christian denominations. I thank all those who will participate, including through the media, and I wish everyone a happy Sunday.

POPE LEO'S MESSAGE FOR THE 60TH WORLD DAY OF SOCIAL COMMUNICATIONS

Vatican News

Face and voice are unique traits of every person and form the foundation of human identity and relationships. Reflecting on this truth, Pope Leo XIV introduces his Message for the 60th World Day of Social Communications, which will be celebrated on 17 May 2026, with a focus on digital communication and artificial intelligence, highlighting the need to protect human dignity in an age increasingly shaped by technological innovation.

Human beings, the Pope recalls, are created in the image and likeness of God and called into relationship through the Word. Preserving human faces and voices, therefore, means preserving the divine imprint present in each person and upholding the irreplaceable vocation of every human life.

"Preserving human faces and voices, therefore, means preserving this mark, this indelible reflection of God's love. We are not a species composed of predefined biochemical formulas. Each of us possesses an irreplaceable and inimitable vocation, that originates from our own lived experience and becomes manifest through interaction with others," he writes.

The anthropological challenge of technology

The Pope warns that digital technologies, especially artificial intelligence systems capable of simulating voices, faces, and emotions, risk altering essential dimensions of human communication.

The challenge, he stresses, is not primarily technological but anthropological; it is a matter of protecting human identity and authentic relationships.

He draws attention to the impact of social media algorithms that prioritise rapid emotional reactions over reflection, weakening critical thinking and fostering social polarisation.

"By grouping people into bubbles of easy consensus and easy outrage, these algorithms reduce our ability to listen and think critically, and increase social polarisation," the Pope explains.

The growing reliance on artificial intelligence for information, creativity, and decision-making, he adds, also risks diminishing analytical skills, imagination, and personal responsibility.

Reality, simulation, and social impact

Pope Leo highlights the difficulty of distinguishing between reality and simulation in digital environments, where automated agents and chatbots can influence public debate and individual choices, shaping emotional responses and personal interactions.

Such dynamics, he notes, may affect not only individuals but also social and cultural life.

Responsibility, cooperation, and education

To address these challenges, the Pope identifies responsibility, cooperation, and education as essential pillars. Technology developers, political authorities, media professionals, and educators are called to promote transparency, safeguard human dignity, and ensure the integrity of information.

"The task laid before us is not to stop digital innovation, but rather to guide it and to be aware of its ambivalent nature. It is up to each of us to raise our voice in defence of human persons, so that we can truly assimilate these tools as allies," Pope Leo says.

Collaboration among institutions and sectors, he writes, is required to guide digital innovation toward the common good.

"No sector can tackle the challenge of steering digital innovation and AI governance alone. Safeguards must therefore be put in place. All stakeholders — from the tech industry to legislators, from creative companies to academia, from artists to journalists and educators — must be involved in building and implementing informed and responsible digital citizenship," the Pope insists.

Media literacy and digital awareness

Finally, Pope Leo underlines the importance of education in media, information, and artificial intelligence literacy, fostering critical awareness, protecting personal identity, and supporting a responsible culture of communication.

"Just as the industrial revolution called for basic literacy to enable people to respond to new developments, so too does the digital revolution require digital literacy (along with humanistic and cultural education) to understand how algorithms shape our perception of reality, how AI biases work, what mechanisms determine the presence of certain content in our feeds, what the economic principles and models of the AI economy are and how they might change," he writes.

Renewed care for face and voice, he concludes, remains central to preserving the human dimension of communication and orienting technological progress to the service of the human person.

"We need faces and voices to speak for people again. We need to cherish the gift of communication as the deepest truth of humanity, to which all technological innovation should also be oriented," the Pope concludes.

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

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 GROTTO: 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](https://www.instagram.com/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.

February 2026

8	OLOL Feast Day celebrations	9.30am
15	Sacramental Enrolment Mass	9.30am
18	Sacramental Meeting (1st)	7.30pm
26	Finance Committee Meeting	7.00pm

OLOL MINISTRY ROSTER

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

31 January/1 February

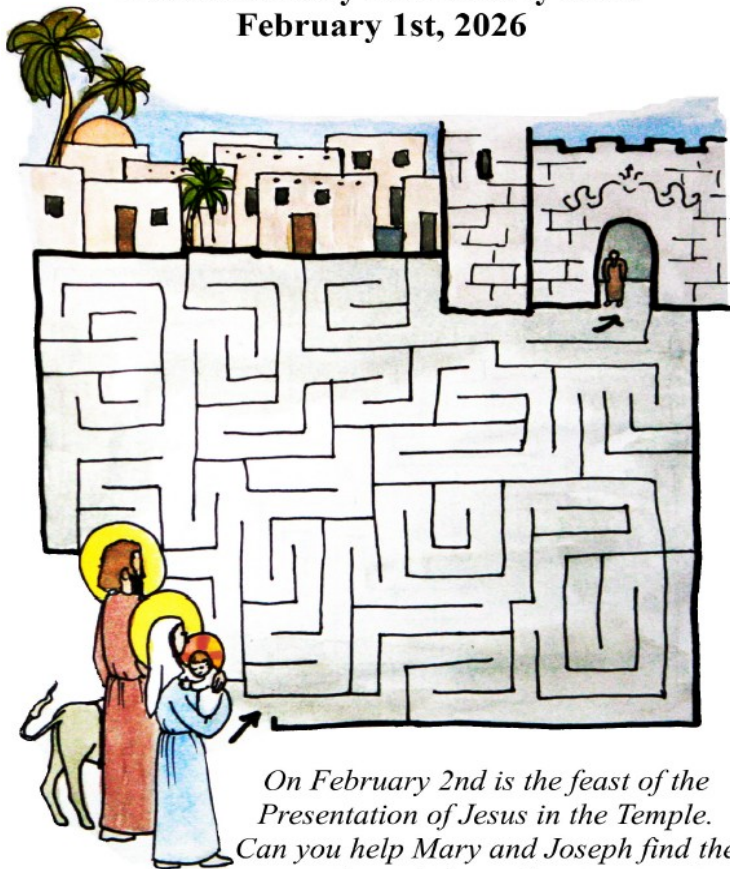
Acolytes	Vigil: Daniel La Guidara 8am: L. Fernandes 9.30am: Eugene Miu
Ministers	Vigil: M. Mifsud, L. La Guidara 8am: L. Fernandes, F. Paiva 9.30am: P. Gow, A. Walker
Readers	Vigil: A. Pushparajan, A. Punch 8am: J. Mai, K. Walker 9.30am: L. Rigney, Zara Smith
Altar Servers	Vigil: Alex & Christina La Guidara A. Bagatella 8am: Sub Rqd 9.30am: Orlando & Julian Martinez, Cassandra Smith
Morning tea (after 9.30am Mass)	Young Adults Group
Musicians	Vigil: Christine Clarke 8am: Fr. Henry 9.30am: Couples for Christ
Flowers	Liz, Angela, Wei
Church Cleaning	5 Feb Lourdes Spiteri Edgardo Barcelon
Welcomers	Vigil: Ram Ugre 8am: Volunteer 9.30am: Raul Nigli

7/8 February

Acolytes	Vigil: Abel Do Rosario 8am: Ernie Gartner 9.30am: Kilifi Huihui
Ministers	Vigil: D. Green, F. Paiva 8am: J. Irudayaraj, M. Santos 9.30am: C. Brooks, K. Huihui
Readers	Vigil: N. Do Rosario, N. Sumcad 8am: P. Ferriols, Tom Perak 9.30am: C. Diaz, J. Nonato
Altar Servers	Vigil: G. George, M. Gluvic, S. Gluvic 8am: J. Blackshaw, Sub Rqd 9.30am: J. Steele, M. Stormer, H. Winter
Morning tea (after 9.30am Mass)	OLOL Feast Day
Musicians	Vigil: Fr. Henry & C.W 8am: Fr. Henry 9.30am: Tongan Choir
Flowers	Siani, Raquel, Tess
Church Cleaning	14 Feb Tongan Community Edgardo Barcelon Edgar Cabrera Aman Rawah
Welcomers	Vigil: Judith Deloso 8am: Volunteer 9.30am: Georgina Basili Edgardo Barcelon

The Kids' Bulletin

Fourth Sunday in Ordinary Time
February 1st, 2026



On February 2nd is the feast of the Presentation of Jesus in the Temple. Can you help Mary and Joseph find the way through Jerusalem to present Baby Jesus in the Temple?

The Beatitudes

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me."

Matthew 5:11 (NIV)

Based on Matthew 5:1-12 (NIV)



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

KINGDOM	MERCY	EARTH	FILLED	MOURN
HUNGER	HEART	SPIRIT	BLESSED	INHERIT
THIRST	MEEK	PURE	POOR	HEAVEN

Spot 8 differences between the two pictures.



Lead the people to Jesus so they can hear His teachings.

FINISH

