



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: 25 February 2026

Baptism: 8 March 2026

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 LENT 22 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, Lawrence Charles, Hoa Chau, James Debattista, Christian Detera, Ben Dixon, Annabelle Edwards, Para Dias, Lucia Fernando, Renuka Fernando, Grace George, Philippe Honore, Odette James, Anthony Janicska, Mary Jordan, Takis Karapatsakis, Clare Kinsley, T.S.Q. Letran, Theresa Marini, Sandra & Kenny Mahoney, Susie Manga, Melissa Mead, Blago Milicevic, Zeferino Jayson Morales, Gary Morrissey, Jayne Muscat, Lynnda Lim-Huynh, 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: Noeline Bartlet, Minerva Carpizo, Mary Leeder, Bob Marini, James Muscat, Dorothy Newman, Cheryl Robertson, Francis Zaidan

Anniversaries: Leisle Abreo, Mary Alagiah, Fredy Alphonse, France Angseesing, Lourdes Apalisok, Dennis Clarke, Blaise Costa, Mary Camenzuli, Rita de Silva, Frank, Joe Falzon, Mansour Farid, M.A Fernando, Joseph, Carmena & Sammy Formosa, Rienzie Fernando, Monte Franco, Emily Galea, Francis Lomano, Pietro Marra, A. Mansoor, Paul Mula, Louis & Stephen Mula, Charles Muscat, Tony Muscat, Felix & Andreanna Muscat, Antonio Solis Palmos, Mile Perak, Helen Tanti

Remembrance: Neil Amaratunga, Antonio, Amelia & Germana Bertimato, Sam Borg, Peter & Antonio, Fe Licup Carmen, Frank, Maurice & Joseph Camenzuli and Camenzuli Family, Barrie Chamberlain, Dulcie Duraisamy, 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, 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, Pauline Meilak, Sashin Patrick Manamperi, William & Emilia Mifsud, Joseph & Doris Mifsud, Mary Mifsud, Bertu, Albert, Paul, Louis, Stephen & Joseph Mula and Mula Family, Anton & Lourda Motha, Xavier Motha Jnr, Mary & Francis Muscat, Jason Muscat & family, Jim & Phillipa Muscat, Lakshman Perera, Eustace Ratnam, John & Roseline Ratnam, Benigno & Rosita Rival, Maria Reyes, Mary Silva, Christopher Solomon, Sheadon Trek, Tony Vassollo, Shane Vaz, Jim Vella. ***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 book of Genesis 2:7-9, 3:1-7*

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being.

The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord.

RESPONSORIAL PSALM

(R) Be merciful, O Lord, for we have sinned.

1. Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin. **(R.)**

2. My offences truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done. **(R.)**

3. A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit. **(R.)**

4. Give me again the joy of your help;
with a spirit of fervour sustain me.
O Lord, open my lips
and my mouth shall declare your praise. **(R.)**

SECOND READING *A reading from the first letter of St Paul to the Romans 5:12-19*

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The word of the Lord.

GOSPEL ACCLAMATION

Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone,
but on every word that comes from the mouth of God.
Praise to you, Lord Jesus Christ, king of endless glory!

GOSPEL *A reading from the holy Gospel according to Matthew 4:1-11*

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says:

He will put you in his angels' charge, and they will support you on their hands in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says: You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God, and serve him alone.' Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord.



Dear friends,

With the celebration of Ash Wednesday recently, we officially enter a special time in the Church meant to help prepare us for the coming commemoration of Jesus' Passion, Death and Resurrection.

It is said that during the first three centuries most Christians had a simple preparation for Easter by fasting for only two or three days, and in some places, the fast was extended to the entire week before Easter, the period now known as Holy Week. In Rome, this Paschal fast originally might have lasted for three weeks, but by the fourth century it had developed into a Lent for forty days, very much modelled on the length of time Jesus spent in the wilderness praying and fasting prior to his public ministry.

As you know, at the end of his time away in the wilderness, surely tired and hungry for more than a month without food, the devil took the opportunity to lure him into the temptations of food, pride and fame as the Gospel told us today. Firstly, he incited Jesus to turn stones into loaves, and Jesus countered him with a quote from the book of Deuteronomy (cf. 8.3) reminding him that people need God's word, not just bread alone for their survival; Secondly, he led Jesus to the top of the Temple, and challenged him to jump off using the scriptural text about God's unbreakable protection. Jesus responded with another quote from the Scripture to warn him not to put God to the test (cf. Dt 6.16); Thirdly, he brought Jesus to the mountain and showed him the world below with all its beauty and glory, and encouraged Jesus to bow before him, Jesus silenced the devil with the third quote from the Holy Scripture telling him of his duty to worship and serve God alone (cf. Dt 6.13). Ashamed of his complete failures to take Jesus down, the Devil had to quit, the angels then came to take care of him.

Jesus' temptations by the Devil in the Gospel this first Sunday of Lent make us aware of the temptations we all have to deal with in our daily lives, they often tempt us to satisfy our excessive appetite, our pride to shine out as the best, and our urge to be known and recognised as someone in the world. Here the evangelist probably means to warn us that the Devil is rather clever, for he is capable of fooling us to fall into his trap even by quoting the wisdom of God in the Scripture, therefore we need to remain prudent and vigilant at all times, we need to listen and discern carefully to distinguish what is true and what is false. However, Jesus' victory against the Devil gives us every reason to hope, because we too can defeat the Devil with the help of God's grace through the sacraments, prayer and self-disciplined works.

Let us pray for the grace to keep us aware the temptations surrounding us every day, and the power from the Eucharist we celebrate, the prayer we say and the good works we do to give us strength to overcome our temptations and ever gain God's favours as his children. Let us pay more attention to what Jesus asks us to pray in the Lord's Prayer, 'Lead us not into temptation, but deliver us from evil.'

Have a temptation-awareness week.

Fr Henry

PARISH NEWS...

IMPORTANT NOTES FOR LENT

- Lent begins from Ash Wednesday.
- In Lent there is no Alleluia at Mass.
- Ash Wednesday and Good Friday are days of fast and abstinence for healthy Catholics.
- Lent is a penitential time of prayer, self-denial and helping others.

STATIONS OF THE CROSS

Every Friday during LENT at 7.30pm.

PARISH LENTEN RETREAT

Saturday the 14 March, 9.30am to 2.00pm with this years theme 'Called to Fly Like an Eagle.' Please save the date and join the popular Retreat Master Fr Kevin Walsh for a wonderful spiritual preparation of the Holy Week and Easter. Please RSVP on the clipboard available at the rear of the church or contact the Parish Office.

CHURCH HALL CANOPY RAFFLE

We have started to sell raffle tickets to help fundraise for the canopy construction and tickets continue to be on sale after all Masses in the Church foyer this weekend and the coming ones till 16th August this year, please help to buy the tickets as much as you can, and for those who wish to help distribute the tickets amongst family circles, please feel free to approach the seller on duty and register names and number of books on the record book.

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.

PROJECT COMPASSION

As usual, we are invited to join in the Project Compassion to help support vulnerable communities around the world. This is an appropriate time for us to put into practice what Jesus asked us to do in the Gospel for Ash Wednesday namely almsgiving, please make sure each family have a Project Compassion box at home during Lent, and bring it back to the church from the Holy Thursday.

PARISH FEAST DAY THANK YOU

It was great to see the tsunami of people filling up the hall after Mass, what a Feast Day celebration this year! Thank you everyone for joining us at the luncheon, and on behalf of the parish I'd like to especially thank all of our volunteers led by Evelyn Beed and our Parish staff for giving their best in preparing prizes, cooking plenty of food for parishioners to enjoy, setting up tables and chairs and the PA system, serving food, providing live entertainment, selling the raffle ticket and cleaning up at the end. You worked like the most well-oiled engine to make everything happen so well. May God bless you and reward you generously for your kindness.

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 OFFICE HOURS

As of 1st February 2026 parish office hours are Tuesday to Friday 9am to 3pm.

DIOCESAN NEWS

Rosary Making Workshops

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 the following days:

- Thursday 26 February at St Nicholas of Myra Parish, Penrith, from 7pm.
 - Saturday 7 March at Holy Spirit Parish, St Clair-Erskine Park, from 2pm.
- Tuesday 10 March at Bishop Bede Heather Centre, Blacktown, from 7pm.
Costs are \$5 per person – payable on arrival (includes all materials). To register and for more information, please visit parracatholic.org/rosary-workshops

Catalyst for Renewal Spirituality on the Sofa: 4 March

Catalyst for Renewal presents Spirituality on the Sofa (SOS), a program of online conversations that explore aspects of faith and spirituality. On Wednesday 4 March from 7.30pm to 9pm, join Dr Catherine Playoust and Justice Francois Kunc as they explore "Peace: an impossible dream?". For more details, visit cfr.org.au

2026 ACBC Social Justice Statement on the cost of living

The Australian Bishops have released the first of two Social Justice Statements for 2026, titled *"The Cost of our Living: Economic and Social Justice for the Common Good"*. The new statement and accompanying resources can be found at socialjustice.catholic.org.au. Printed copies and prayer cards can be ordered directly from the ACBC via shop.catholic.au

Volunteer Communicators Network

Are you savvy with a camera, writing or social media? We want to hear from you! Share your interest with us to support our storytelling in *Catholic Outlook*, our websites and social media. Name/contact details are required: parracatholic.org/communicators

LOL 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>.

Catholic Youth Parramatta 2026 Kick-Off: 26 February

Young people from across the Diocese are invited to an evening of celebration as we begin 2026 together. Listen to testimonies from local leaders, take part in prayer, connect with others, and discover the vision for Catholic Youth Parramatta in the year ahead. Thursday 26 February from 7pm to 9.30pm at Holy Family Primary School, 11 Emert Parade, Emerton. Register today: <https://parracatholic.org/events/liftedlaunch/>

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. We encourage anyone interested in being part of The Witness experience to register. For vocal auditions, contact our Music Director, Marianne Fernandes, at marianne@bethewitness.com.au. To learn more, visit [Be The Witness – The Musical](https://bethewitness.com.au) or email info@bethewitness.com.au.

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 Road, Varroville. Registration: mgl sisters.sydney@gmail.com

Catalyst for Renewal Catalyst Cafe: 14 March

The Catalyst Café will be open for lunch on 14 March from 12.30pm to 2.30pm in the Parish Hall at Holy Name of Mary Parish, Hunters Hill. We provide a light lunch (sandwich, cake and fruit) plus food for the soul. This session will feature Julie Thorpe speaking about her recent book "Reasons for Hope". Cost \$35. Bookings essential via (02) 4971 4090 or visit www.cfr.org.au.

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 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

Ahead of the start of Lent, Pope Leo XIV invites Catholics to open ourselves to listening, fasting, and community, urging us to abstain from words of hatred in order to make space for words of hope and peace.

"I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbour."

Pope Leo XIV made that invitation at the heart of his message for Lent 2026, which was released on Friday.

As Lent begins on Ash Wednesday, February the 18, the Pope said this liturgical season offers Christians an opportunity to place the mystery of God back at the centre of our lives.

Every journey of conversion, he said, begins by letting God's word touch our hearts, so that we may renew our commitment to follow Christ in the mystery of His saving passion, death, and resurrection.

Pope Leo focused on the importance of listening to God and to those around us, allowing ourselves to enter into authentic relationships.

"In the midst of the many voices present in our personal lives and in society," he said, "Sacred Scripture helps us to recognize and respond to the cry of those who are anguished and suffering."

Christians, said the Pope, can cultivate inner openness to listening, as God does, by growing in awareness that the poor challenge our lives and economic systems, as well as the Church.

Pope Leo XIV then turned to how fasting helps open us to the deep desire for justice, which he said frees us from complacency.

"Precisely because it involves the body, fasting makes it easier to recognize what we 'hunger' for and what we deem necessary for our sustenance," he said. "Moreover, it helps us to identify and order our 'appetites,' keeping our hunger and thirst for justice alive".

Fasting, he added, teaches us to govern our desire by purifying, freeing, and expanding it, in order to direct our desire toward God and good deeds.

However, we must fast in faith, humility, and communion with the Lord, and not in a way that leads to pride, said the Pope, adding that other forms of self-denial also lead to a more sober lifestyle.

Pope Leo then pointed to an under-appreciated form of abstinence, which is refraining from hurtful words.

"Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves," he said. "Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in the media, in political debates and in Christian communities."

If we do so, we will let words of hatred "give way to words of hope and peace."

Pope Leo went on to emphasize the communal aspect of listening and fasting, which can be lived out in our parishes, families, and religious communities.

By listening to the cry of the poor and setting our hearts on a path of conversion to Christ, we train our conscience and improve the quality of our lives and relationships, he said.

"It means allowing ourselves to be challenged by reality and recognizing what truly guides our desires—both within our ecclesial communities and as regards humanity's thirst for justice and reconciliation."

Pope Leo XIV concluded his 2026 Lenten Message with a call for Christian communities to become places where those who suffer find welcome.

"Let us ask for the strength that comes from the type of fasting that also extends to our use of language," he said, "so that hurtful words may diminish and give way to a greater space for the voice of others."



POPE LEO'S ANGELUS

Vatican News

In his customary reflections on the Sunday Gospel reading before leading the recitation of the Angelus, Pope Leo explained how "Jesus invites us to enter into the newness of the Kingdom of God." He noted that today's Gospel passage recounts when Jesus, who after proclaiming the Beatitudes, reveals the true meaning of the precepts of the Law of Moses that call us "into a relationship of love with God and with our brothers and sisters." And that is why Jesus says he did not come to abolish the Law, but to bring it to fulfillment.

"The Law is fulfilled precisely by love, which brings its profound meaning and ultimate purpose to completion."

The Pope emphasized how righteousness is not limited to observing the commandments, but "opens us to love and compels us to love." Jesus then examines some of the precepts of the Law that refer to concrete cases and shows the difference between formal religious righteousness and the righteousness of the Kingdom of God. This, Pope Leo explained, shows us how the Law given to Moses and the prophets is a way to come to know God and His plan for us and history.

"God himself, in the person of Jesus, has come among us, bringing the Law to fulfillment, making us children of the Father and giving us the grace to enter into a relationship with him as children and as brothers and sisters among ourselves...Jesus teaches us that true righteousness consists in love and that, within every precept of the Law, we must learn to identify a call to love."

The Pope then recalled the examples Jesus gave showing how minimal righteousness is not enough, "great love is needed", which is possible thanks to God's strength. He prayed that the Virgin Mary may "intercede for us" and "help us to understand better the Kingdom of God and to live out its call for righteousness."

POPE LEO ON ASH WEDNESDAY

By Joseph Tulloch

Pope Leo reflected on repentance, community, and death this evening, as he presided over Ash Wednesday Mass in Rome's Basilica of Saint Sabina.

The ashes the attendees were about to receive on their foreheads, he said, remind us of "the weight of a world that is ablaze, of entire cities destroyed by war."

The state of the world, Pope Leo stressed, asks us on this Ash Wednesday "to call death for what it is, and to carry its marks within us".

Sin, public and private

Ash Wednesday is the first day of Lent, the 40-day period of fasting and prayer that precedes Easter.

This is, the Pope said, "a powerful time for community". Today, he noted, community is increasingly rare – but Lent gathers people together, as "a community of witnesses that recognises their sins".

These sins, Pope Leo stressed, are both personal and communal. Sin "afflicts our hearts, and exists within us". At the same time, however, it takes place within broader "structures of sin", which can be "economic, cultural, political and even religious" in nature.

Lent, Pope Leo underlined, means "daring to be free" of all this, through repentance and change.

The 'missionary significance' of Lent

In today's secular age, the Pope said, this message is especially attractive, particularly to young people.

The young, he suggested, understand particularly clearly that "there should be accountability for wrongdoings in the Church and in the world".

Rather than seeing Lent as a private devotion, therefore, the Pope said, Christians should search for ways to introduce it to "the many restless people of good will" who are seeking "authentic ways to renew their lives"

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 March 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 / March 2026

25	Baptism Meeting	7.30pm
25	Sacramental Meeting (2nd)	6.30pm
28	Sacramental Meeting (2nd) RPT	4.30pm

OLOL MINISTRY ROSTER

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

21/22 February

Acolytes	Vigil: Frank Paiva 8am: Louis Fernandes 9.30am: Rommel Lagare
Ministers	Vigil: D. Green, M. Mifsud 8am: L. Fernandes, M. Santos 9.30am: M. Aquino, P. Gow
Readers	Vigil: C. Rodrigues, N. Sumcad 8am: J. Irudayaraj, K. Walker 9.30am: Z. Smith, A. Walker
Altar Servers	Vigil: J. Hoang, E. Reardon, C. Rodrigues 8am: Jaxon Blackshaw, Volunteer 9.30am: C. Attard, N. D'Cruz, A. Melki
Morning tea (after 9.30am Mass)	Couples for Christ
Musicians	Vigil: Nina's Group 8am: Christine Clarke 9.30am: Nina's Group
Flowers	Fenty & Siani
Church Cleaning	25 Feb Jessie Borg Anne McNally Edgardo Barcelon
Welcomers	Vigil: Judith Deloso, Ram Ugre 8am: Volunteer 9.30am: Edgardo Barcelon

28 February / 1 March

Acolytes	Vigil: Daniel La Guidara 8am: Eugene Miu 9.30am: Ryan Epondulan
Ministers	Vigil: J. Franco, L. La Guidara 8am: A. McNally, B. Motha 9.30am: K. Huihui, K. Huihui
Readers	Vigil: A. Franco, T. Perak 8am: P. Ferriols, J. Mai 9.30am: A. Han, R. Saldanha
Altar Servers	Vigil: Alex & Christina La Guidara 8am: Chris Bellamin, Volunteer 9.30am: L. Sager, M. Stormer, E. Wright
Morning tea (after 9.30am Mass)	Young Adults Group
Musicians	Vigil: Christine Clarke 8am: Fr Henry 9.30am: Couples for Christ
Flowers	Annette & Raquel
Church Cleaning	5 March Lourdes Spiteri Edgardo Barcelon
Welcomers	Vigil: Volunteer 8am: Volunteer 9.30am: Georgina Basili

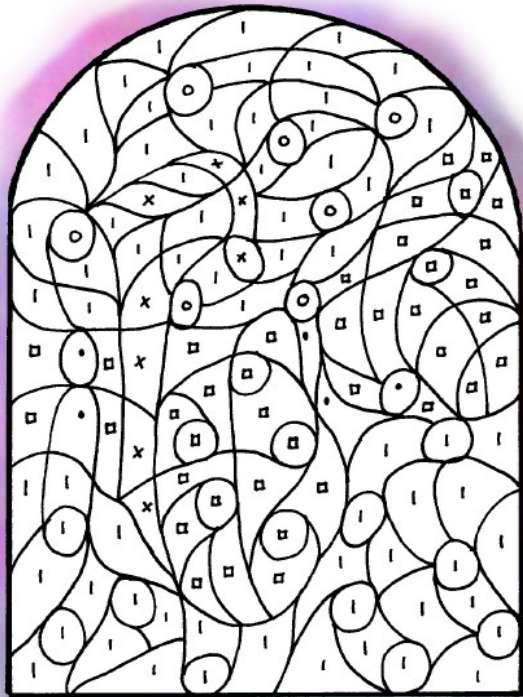
The Kids' Bulletin

First Sunday of Lent

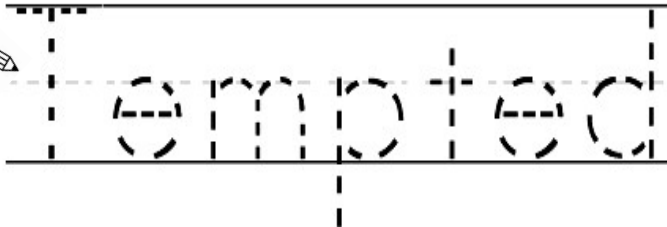
February 22nd, 2026

Today's first reading tells us about sin.

Use the code at the bottom to colour in the spaces and find out what the story was.



■ blue | green x brown
○ red • skin colour



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

WORD	WORSHIP	LORD	MOUNTAIN	BOW
TEMPTED	ANGELS	HUNGRY	STONES	SERVE
WORLD	KINGDOMS	BREAD	DESERT	SPLENDOR
DEVIL	FASTING	SATAN	TEMPLE	JESUS

The Temptation of Jesus

Then Jesus was led by the Spirit into the desert to be tempted by the devil. Matthew 4:1 (NIV)

Choose the word that best matches the definition.



1. To feel a need or desire for food
A. hungry B. thirsty C. tired D. tempt
2. A small rock
A. boulder B. mountain C. world D. stone
3. A food made of flour and water, shaped into loaves, and baked
A. pizza B. pie C. bread D. stone
4. To try to get someone to do wrong
A. worship B. tempt C. angel D. hungry
5. To show a strong feeling of love and respect for God
A. devil B. angel C. worship D. tempt
6. A heavenly being, often shown as a human figure with a halo and wings
A. fairy B. devil C. temple D. angel
7. The evil ruler of Hell, and enemy of God
A. angel B. world C. devil D. hungry
8. The entire Earth and all the places and things on it
A. space B. moon C. world D. galaxy

Spot 8 differences between the two pictures.

