



# OUR LADY OF LOURDES

PARISH OF SEVEN HILLS

*"Still a wonderful place to pray & stay"*

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<b>Parish Priest:</b>	Fr Henry Huu Duc Tran	<b>Parish School:</b>	LOLO 8869 6800
<b>Parish Office Team:</b>	Rosie Sadipoor, Kim Dang, Jane Nguyen, Laura Ilioski	<b>Principal:</b>	Ms Keiran Byrnes
<b>Office Hours: Tuesday-Friday</b>	9am - 3.00pm	<b>Reconciliation:</b>	Saturday 4:30-5:30pm
<b>WEEKDAY MASS:</b>	Tues, Wed, Fri. 8.00am Thursday 9.00am	<b>Baptismal Preparation:</b>	15 April 2026
<b>WEEKEND MASS:</b>	Saturday Vigil 6pm Sunday 8am & 9.30am	<b>Baptism:</b>	22 March 2026
		<b>Sacrament Co-Ordinator:</b>	Mrs Artelle Lenthall
		<b>Youth Co-Ordinator:</b>	Diana Park
		<b>Parish Website:</b>	<a href="http://www.olol7hills.org.au">www.olol7hills.org.au</a>
		<b>Facebook</b>	<a href="https://www.facebook.com/LOLO7Hills/">https://www.facebook.com/LOLO7Hills/</a>

## THIRD SUNDAY OF LENT 8 March 2026 • Year A



### Let us Pray for the Sick

Florence Arinaran, 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 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](mailto: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, Josefina De Vera, Dawn Fernando, Mary Leeder, James Muscat, Rudolfo Ramas, Cheryl Robertson, Francis Zaidan.

**Anniversaries:** Leisle Abreo, Mary Alagiah, Fredy Alphonse, Lourdes Apalisok, Michelle Azzopardi, Dulcie Duraisamy, 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, Constance Gaycroft, John Harris, Pietro Marra, A. Mansoor, Paul Mula, Louis & Stephen Mula, Charles Muscat, Apolinario Maglaya, Tony Muscat, Felix & Andreanna Muscat, Harold Ngan, Antonio Solis Palmos, Palmira Rosario, Helen Tanti

**Remembrance:** Neil Amaratunga, France Angseesing, Sam Borg, Antonio, Amelia & Germana Bertimato, Peter & Antonio, Frank, Maurice & Joseph Camenzuli and Camenzuli Family, Barrie Chamberlain, Joseph, Johnny Edwards, Sam & Silvia Debattista, Carmen, Jimmy, Antonia, Tania, Tony, Vicki, Louie, Joe & Lancer De Guire, O. Francis, J. Francis, Melvyn Fernandes, Merita Fernando, Nevis Fernando, Leandro Garcia Snr, Evangeline, Rudy Garcia, Jose Garcia, Mario & Joe Gat, Francisco Giusa, Salatori Giogio, Maximilian & Julian Epondulan, Selvam Irudayaraj, J.B, Jonathan Tek Kie, Mangion & Cini Family, Tessie & Andy Mangine, Maureen & John Mead, Pauline Meilak, Sashin Patrick Manamperri, William & Emilia Mifsud, Joseph & Doris Mifsud, Mary Mifsud, Apolinario & Felina Maglaya, Cole Ngan, Solomon Moras, Bertu, Albert, Paul, Louis, Stephen & Joseph Mula and Mula Family, Anton & Lourda Motha, Xavier Motha Jr, Mary & Francis Muscat, Jason Muscat & family, Jim & Phillipa Muscat, Ngan Pin, Lakshman Perera, Natalia & Felicisimo Prahinoq, Eustace Ratnam, John & Roseline Ratnam, Benigno & Rosita Riveral, Maria Reyes, Cornelio & Iluminada Rondario, Mary Silva, Christopher Solomon, Sheadon Trek, Tony Vassollo, Shane Vaz, Jim Vella.

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

### 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.



### KEEP UP TO DATE

By visiting our parish website with news, the bulletin, prayers and much more. Visit [www.olol7hills.org.au](http://www.olol7hills.org.au)

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**FIRST READING** *A reading from the book of Exodus 17:3-7*

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' The Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go.

I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

The word of the Lord.

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**RESPONSORIAL PSALM**

**(R)** *If today you hear his voice, harden not your hearts.*

1. Come, ring out our joy to the Lord;  
hail the rock who saves us.  
Let us come before him, giving thanks,  
with songs let us hail the Lord. **(R.)**

2. Come in; let us bow and bend low;  
let us kneel before the God who made us  
for he is our God and we  
the people who belong to his pasture, the flock that  
is led by his hand. **(R.)**

3. O that today you would listen to his voice!  
'Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my  
work.' **(R.)**

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**SECOND READING** *A reading from the first letter of St Paul to the Romans 5:1-2, 5-8*

Through our Lord Jesus Christ by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. This hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners.

The word of the Lord.

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**GOSPEL ACCLAMATION**

Glory to you, Word of God, Lord Jesus Christ!  
Lord, you are truly the Saviour of the world;  
give me living water, that I may never thirst again.  
Glory to you, Word of God, Lord Jesus Christ!

**GOSPEL** *A reading from the holy Gospel according to John 4:5-42*

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied:

'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.' 'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied:

'Whoever drinks this water will get thirsty again: but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.' 'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said:

'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we do know; for salvation comes from the Jews. But the hour will come – in fact it is here already – when true worshippers will worship the Father in spirit and truth: that is the kind of worshiper the Father wants. God is spirit, and those who worship must worship in spirit and truth.' The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'



## FROM FR. HENRY

Dear friends,

I remember the days when I lived in Phnom Penh, waiting for the opportunity to make the journey across the jungle border between Cambodia and Thailand. My friends and I could not find a single church anywhere in the entire city, even though we spent much of our spare time searching everywhere. This was because the Pol Pot regime had managed to flatten all the church buildings there during its heyday. What we did in those desperate and churchless days was to gather together to pray whenever we could, especially on Sundays. That was the only thing we could do, and perhaps that was the kind of worship Jesus described in his conversation with the Samaritan woman at the well in Sychar in this Sunday's Gospel, worship in spirit and truth. In that conversation he also revealed to her a definition of God, saying that the Father is spirit. I know that many of my countrymen who were sent to spend time in the re-education camps under the Communist regime had to do the same, praying either by themselves or in small groups to fulfill their Sunday obligation. From our own experience, the way we were made to pray at home during the Covid lockdowns six years ago gave us a taste of that as well. However, biblical scholars often say that what Jesus meant to tell the woman was that the Spirit, whom his followers receive, helps them worship God according to the truth, and that God the Father seeks such worshippers, those who enter into intimate, personal contact with him. Before he spoke to the woman about worship in spirit and truth, Jesus initiated the conversation by asking her for a drink, even though he was aware of the rule separating Jews and Samaritans. His initiative took the woman by surprise, and she said, "What? You are a Jew, and you ask me, a Samaritan, for a drink?" By this gesture alone, Jesus offers a powerful example of reaching out to the people around us, something we call pastoral care in the Church today.

Anyway, from the topic of the everyday water, Jesus began to shift the conversation to the next level when he told her about giving her the water quenching her thirst forever and welling up to eternal life. Of course she had no idea of what it was, but we know today that it was the water of Baptism, the one to cleanse people from sin and give them eternal life, and probably it was about the water of his precious Word giving life to those who listen to it and put it into practice. When the woman asked for his special water, Jesus surprised her again by his ability to tell her exactly about her complicated relationship which led her to faith in him as a prophet, and then she turned herself into his messenger by returning to her town, spreading the news about Jesus, the Christ, the Messiah, and inviting them to come out to meet Jesus. Consequently many Samaritans from that town came to see Jesus and more importantly believed in him as the saviour of the world.

Though this Gospel focused mainly on the meeting between Jesus and the Samaritan woman, the exchange between Jesus and the disciples on their return from the trip buying food in town offers us something to reflect upon following his answer when the disciples asked him to eat the food they brought to him, 'I have food to eat that you do not know', said Jesus. At first, the disciples thought that someone might have given him food already, but Jesus clarified 'my food is to do the will of the one who sent me and to complete his work.' And what is the will of the Father and His work if not our salvation to be brought through his coming Passion, Death and Resurrection that we are prepared to commemorate once again in the coming Holy Week.

Let us pray today for the courage to take initiative to reach out both (1) to the needy through the Project Compassion we are invited to support during this Lent, and to new members of our Parish community unknown to us by making the effort to say hello, and we also ask for the grace to help us imitate his example in making God our number one priority.

Have a God-oriented week.

*Fr Henry*

## PARISH NEWS...

### PARISH PASTORAL COUNCIL MEETING

All members of our Parish Pastoral Council are invited to attend a monthly meeting on Wednesday 11th of March at 7.30pm in the Parish Meeting Room.

### 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.

### 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.

### PLAQUE PAYMENT

Parishioners who have pledged a plaque are kindly asked to make the \$300 payment online and then email the EFT remittance to [secretary@olol7hills.com.au](mailto:secretary@olol7hills.com.au) with your plaque wording (MUST be 25 letters of less).

Banking details below:

Account Name: Seven Hills Catholic Church.

BSB: 067 950

ACC: 000552

REF: (your surname) PLAQUE

Alternatively, please contact the parish office during office hours, Tues-Fri 9am-3pm. Thank you for your support.

### CHURCH HALL CANOPY RAFFLE

1<sup>st</sup> Prize: Samsung 85" Smart TV – 2<sup>nd</sup> Prize: \$800 Cash

3<sup>rd</sup> Prize: \$500 Cash – 4<sup>th</sup> Prize: \$200 Cash

The raffle will be drawn at the end of the 9.30AM Mass on Sunday 16<sup>th</sup> August 2026, and we would really appreciate it if you could help buy the tickets or take a few ticket books home to distribute amongst family circles. Many thanks.

### LOURDES OVER 50s GROUP MEETING

The next over 50s meeting is on Thursday 12th of March, 10.30am till 1pm in the Parish Hall. All welcome.

### THE GROTTTO: OLOL JUNIOR YOUTH GROUP

Children aged 9-14yrs are invited to join us on Sunday, 15th March, 3:30pm – 6pm in the Parish Meeting Room. Scan the QR codes on the posters around the exits of the church to register or email our Youth Coordinator, Diana Park via [dianap@olol7hills.com.au](mailto:dianap@olol7hills.com.au) for more information.

## DIOCESAN NEWS

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### 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:

- 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](https://parracatholic.org/rosary-workshops)

### 24 Hours for the Lord at Mount Schoenstatt: 13-14 March

Come and spend time with our Lord and His Mother in the Schoenstatt Shrine. Begin: Friday 13th March 6:30pm with Holy Mass (followed by the Sacrament of Reconciliation)  
End: Saturday 14th March 5:30pm with Holy Mass (Sacrament of Reconciliation will be available from 4pm). Please bring a plate to share for the fellowship on Friday evening after mass. Contact Sr M. Rita 0493026628 [srrita@schoenstatt.org.au](mailto:srrita@schoenstatt.org.au) to be added to the roster to secure a time of adoration

### 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](mailto:mgl sisters.sydney@gmail.com)

### Lenten Retreat at Corpus Christi Parish, Cranebrook: 22-25 March

Join us for a prayerful Lenten Retreat at Corpus Christi Catholic Church from the 22nd to the 25th of March, led by Fr Abraham Kunnatholy CMI. Enjoy Mass, guided reflections and fellowship to renew hearts and prepare for Holy Week. All are warmly welcome. Contact the parish office for more details.

## LOL SAFEGUARDING NEWS

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### 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>.

### 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>. Dates and times will be provided once confirmed.

### Australian Catholic Historical Society Gathering: 15 March

The next event for the Australian Catholic Historical Society will be held on Sunday 15 March in the crypt of St Patrick's, Church Hill at 2pm. Professor Paul Watt from Adelaide University will be presenting on "Writing a history of Gregorian Chant in Australia: Why is it complicated and occasionally controversial?" Members, their guests, and visitors are most welcome and there is no charge. Details of the programme of the ACHS as well as resources on church history and YouTube videos are on the website <https://australiancatholichistoricalsociety.com.au/>

### Women's Breakfast Celebrating the Feast of St Joseph

Saturday 21 March 8am – 10am Mary MacKillop Spirituality Ministry, 33 Barina Downs Rd, Baulkham Hills Cost: \$20 per person (breakfast included) All women are warmly invited to a special community breakfast celebrating the Feast of St Joseph and honouring the legacy of Mary MacKillop and the Sisters of St Joseph. Guest speaker: Sr Virginia Bourke rsj. Bookings essential: Scan the Qr code on the parish notice board flyer to register All women are welcome.

### 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 [music@bethewitness.com.au](mailto:music@bethewitness.com.au). To learn more, visit [Be The Witness – The Musical or email info@bethewitness.com.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. For more details, visit: [www.parracatholic.org/communicators](http://www.parracatholic.org/communicators)

### 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](mailto: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](mailto:safeguarding@parracatholic.org).

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## POPE LEO'S ANGELUS *By Christopher Wells*

Jesus' Transfiguration, recounted in Sunday's Gospel, "foreshadows the light of Easter: an event of death and resurrection, of darkness and new light that Christ radiates on all bodies scourged by violence, crucified by pain, or abandoned in misery," Pope Leo said in his catechesis at the Sunday Angelus.

Although the disciples who accompanied Jesus saw His splendour, it took them time to understand what they had seen, "time in silence to listen to the word, time for conversion in order to enjoy the Lord's company."

In his catechesis, the Pope recalled that the disciples saw Jesus, the Word made flesh, standing between the Law and the Prophets, represented by Moses and Elijah.

"As on the day of His Baptism in the Jordan," Pope Leo said, "we hear the voice of the Father proclaiming, 'This is My beloved Son,' while the Holy Spirit envelops Jesus in a 'bright cloud'."

This manifestation of the "human splendour of God" allows Peter, James, and John to "contemplate a humble glory, which is not displayed as a spectacle for the crowds to see, but in solemn intimacy."

The Transfiguration of Jesus' flesh, shining "with the glory of God" despite the evil in the world, shows that the Redeemer "transfigures the wounds of history, enlightening our minds and hearts; his revelation is a gift of salvation."

Pope Leo asked, "Does this captivate us? Do we see the true face of God with a gaze of wonder and love?"

And he concluded, "The Father's reply to the despair of atheism is the gift of his Son, the Saviour; the Holy Spirit redeems us from the loneliness of agnosticism by offering us an everlasting communion of life and grace; and in response to our weak faith, the promise of the future resurrection is announced."

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## BISHOP ERIK VARDEN'S LENTEN HOMILY TO THE ROMAN CURIA

The identity of the Cistercian movement is forged in the interface between the ideal and the concrete, the poetic and the pragmatic. Its protagonists are tested and purified by tensions that result.

I have spoken of Bernard's high ideals, of his liking for working out a course of action in his mind, then following it a little ruthlessly. Riding a high horse came naturally to him. This fierce, intransigent aspect never left him. But it was sweetened over time. Of this process we must now speak. It turned the idealist into a realist.

The psychoanalyst Jacques Lacan said that 'the real' is what we butt against. The range of Bernard's endeavours in *Realpolitik* made for a great deal of butting. But he became a realist not merely in the sense of accepting things as they are. He learnt above all that the deepest reality of all human affairs is a cry for mercy.

The more he recognised this cry in human hearts, in bitter tears, in worldly conflicts, in madcap campaigns against decency and truth, *and* in the whisper of the trees of the forest, the more he was conscious of God's gracious response. He heard it in the holy name of Jesus, which became unspeakably dear to him. In Jesus God reveals his saving purpose, pouring it forth upon mankind as fragrant, healing, cleansing oil.

'Every food of the mind', Bernard told his monks, 'is dry if it is not dipped in that oil; it is tasteless if not seasoned by that salt. Write what you will, I shall not relish it unless it tells of Jesus. Talk or argue about what you will, I shall not relish it if you exclude the name of Jesus. Jesus to me is honey in the mouth, music in the ear, a song in the heart.'

Bernard knew what wonders God's mercy in Jesus can work. This gave his devotion affective depth. The term *affectus* is central to him. It has a broad remit, showing that grace moves us as sensate beings. But Bernard considered Jesus, the incarnation of truth, no less a hermeneutic principle. He read situations, persons, and relationships resolutely in Jesus's light. This outlook has earned him firm admirers from well beyond the Catholic fold, from Martin Luther to John Wesley.

Only when supernaturally illumined will our nature reveal its perfect form, its *forma formosa*. Only then will the delightfulness of which earthly life is capable be apparent. Only then will the glory hidden within us and about us shine in substantial flashes, teaching us what we, and others, can become, providing a paradigm for a world renewed.

Such is the realism towards which Bernard matured. It enabled him to become not just a high-minded reformer, a matchless rhetorician, a chieftain of the Church. Knowledge of the utter reality of Christ's love, and of its power to change *everything*, made Bernard a doctor and saint. And that is why we love and honour him.

'He was', the *Vita Prima* tells us, 'at freedom with himself'. That is what life had taught him. A man or woman truly free is glorious to behold.

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## POPE LEO'S AUDIENCE

### Catechesis. The Documents of Vatican Council II. II. Dogmatic Constitution *Lumen gentium*.

#### 2. The Church, a Visible and Spiritual Reality

Dear brothers and sisters, good morning and welcome!

Today, we will continue our exploration of the Conciliar Constitution *Lumen gentium*, a dogmatic Constitution on the Church.

In the first chapter, which is primarily intended to answer the question of what the Church is, she is described as a "complex reality" (no. 8). Now we ask ourselves: what does this complexity consist of? Some might answer that the Church is complex in that she is 'complicated' and therefore difficult to explain; others might think that her complexity derives from the fact that she is an institution steeped in two thousand years of history, with characteristics that differ from any other social or religious group. In Latin, however, the word 'complex' indicates rather the orderly union of different aspects or dimensions within the same reality. For this reason, *Lumen gentium* can affirm that the Church is a well-organized body, in which the human and divine dimensions coexist without separation and without confusion.

The first dimension is immediately perceptible, in that the Church is a community of men and women who share the joy and struggle of being Christians, with their strengths and weaknesses, proclaiming the Gospel and becoming a sign of the presence of Christ who accompanies us on our journey through life. Yet this aspect – which is also evident in its institutional organization – is not sufficient to describe the true nature of the Church, because it also has a divine dimension. The latter does not consist in an ideal perfection or spiritual superiority of its members, but in the fact that the Church is generated by God's plan for humanity, realized in Christ.

Therefore, the Church is at the same time an earthly community and the mystical body of Christ, a visible assembly and a spiritual mystery, a reality present in history and a people journeying towards heaven (LG, 8; CCC, 771).

The human and divine dimensions integrate harmoniously, without one overshadowing the other; thus, the Church lives in this paradox. She is a reality that is both human and divine, which welcomes the sinful man and leads him to God.

To illuminate this ecclesial condition, *Lumen gentium* refers to the life of Christ. In fact, those who met Jesus along the roads of Palestine experienced his humanity, his eyes, his hands, the sound of his voice. Those who decided to follow him were moved precisely by the experience of his welcoming gaze, the touch of his blessing hands, his words of liberation and healing. At the same time, however, by following that Man, the disciples opened themselves to an encounter with God. Indeed, Christ's flesh, his face, his gestures and his words visibly manifest the invisible God.

In the light of the reality of Jesus, we can now return to the Church: when we look at her closely, we discover a human dimension made up of real people, who sometimes manifest the beauty of the Gospel and other times struggle and make mistakes like everyone else. However, it is precisely through her members and her limited earthly aspects that Christ's presence and his saving action are manifested. As Benedict XVI said, there is no opposition between the Gospel and the institution; on the contrary, the structures of the Church serve precisely for the "realization and concretization of the Gospel in our time" (Address to Swiss Bishops, 9 November 2006). An ideal and pure Church, separated from the earth, does not exist; only the one Church of Christ, embodied in history.

This is what constitutes the holiness of the Church: the fact that Christ dwells in her and continues to give himself through the smallness and fragility of her members. Contemplating this perennial miracle that takes place in her, we understand 'God's method': He makes himself visible through the weakness of creatures, continuing to manifest himself and to act. For this reason, Pope Francis, in *Evangelii gaudium*, exhorts us all to learn "to remove our sandals before the sacred ground of the other (cf. Ex 3:5)" (no. 169). This enables us still today to build up the Church: not only by organizing its visible forms, but by building that spiritual edifice which is the body of Christ, through communion and charity among ourselves.

Indeed, charity constantly generates the presence of the Risen One. "If only we could all just let our thoughts dwell on the one thing, charity! It's the only thing, you see, which both surpasses all things, and without which all things worth nothing, and which draws all things to itself, wherever it may be" (Sermon 354, 6, 6).

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#### Special greetings:

I greet all the English-speaking pilgrims and visitors taking part in today's Audience, particularly the groups from England, India, the Philippines, Singapore, Vietnam and the United States of America. With prayerful good wishes that this Lent will be a time of grace and spiritual renewal for you and your families, I invoke upon all of you joy and peace in our Lord Jesus Christ.

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#### Summary of the Holy Father's words:

Dear brothers and sisters, in our continuing catechesis on the Second Vatican Council, today we consider the mystery of the human and divine dimensions of the Church as presented by the Dogmatic Constitution *Lumen Gentium*. Just as Jesus' humanity was immediately apparent to those who walked by his side, so too the human dimension of the Church is easy to perceive: it is a community of men and women who, with their gifts and their flaws, seek to proclaim the Gospel within a visible structure. Those who followed Jesus more closely, however, recognized that his humanity his loving gaze, his merciful gestures and his powerful word manifested his divinity, which led them to salvation. In a similar way, through the visible and human dimension of the Church, the spirit of Christ and his saving action are present and active in the world. Let us strive to be authentic witnesses of the love of Christ so that all can recognize in us and among us the charity that characterizes true Christians and builds up the Church.

## 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](http://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](mailto: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](mailto: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](mailto: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.

### March 2026

11	OLOL Pastoral Council Meeting	7.30pm
12	Over 50's Group Meeting	10.30am
14	Parish Lenten Retreat	9.30am
15	The Grotto: Junior Youth Group Meeting	3.30pm

## OLOL MINISTRY ROSTER

**Acolytes, Ministers, Readers and Altar Servers, please remember to arrive 15**

### 7/8 March

Acolytes	Vigil: Abel Do Rosario 8am: Jerome Irudayaraj 9.30am: Fayelene Kennedy	
Ministers	Vigil: M. Mifsud, M. Simic 8am: F. Paiva, T. Perak 9.30am: C. Brooks, A. Walker	
Readers	Vigil: Y. Dino, N. Do Rosario 8am: J. Sarmiento, K. Walker 9.30am: J. Nonato, E. Pieris	
Altar Servers	Vigil: G. Amaladass, C. Smith, A. Faulkner-Dhiman, 8am: J. Blackshaw, K. Maruthnayagam 9.30am: K. Cassaniti, M. Pieris, J. Pieris	
Morning tea (after 9.30am Mass)	Parish Pastoral Council	
Musicians	Vigil: Fr. Henry & C.W 8am: Fr Henry 9.30am: Tongan Choir	
Flowers	Fenty & Liz	
Church Cleaning	14 March	Tongan Community Edgardo Barcelon Edgar Ceberra
Welcomers	Vigil: Volunteer 8am: Volunteer 9.30am: Raul Nigli, Sastina Pieris	

### 14/15 March

Acolytes	Vigil: Darryl Green 8am: Louis Fernandes 9.30am: Ramzee Michael	
Ministers	Vigil: J. Franco, N. Shami 8am: L. Fernandes, M. Santos 9.30am: M. Aquino, K. Huihui	
Readers	Vigil: A. Punch, N. Sumcad 8am: J. Cabasa, A. McNally 9.30am: N. Arambulo, K. Huihui	
Altar Servers	Vigil: A. Monteiro, J. Steele, H. Winter 8am: Chris Bellamin, Volunteer 9.30am: C. Attard, A. Melki, L. Sadipoor	
Morning tea (after 9.30am Mass)	Tongan Choir	
Musicians	Vigil: K. Thoms & C.W 8am: Christine Clarke 9.30am: Christine Clarke	
Flowers	Siani, Raquel, Tess	
Church Cleaning	19 March	Cathy Hutchings Annette Peatman Edgar Ceberra
Welcomers	Vigil: Judith Deloso, Ram Ugre 8am: Volunteer 9.30am: Edgardo Barcelon	

# The Kids' Bulletin

Third Sunday of Lent  
March 8th, 2026



Jesus says that if we drink  
His living water, we

1 2 3 4 5 6 7 8 9  
10 11 12 13 14 15



## Fill-in-the-Blanks

Fill in the blanks with the words in the box.  
Use the marked letters to fill in the blanks at the end.

And hope does not disappoint,  
1.  the love of God has  
been poured into our 2.   
through the Holy 3.  who  
has been 4.  to us. For  
Christ, while we were 5.   
helpless, died at the appointed  
6.  for the ungodly. Indeed,  
only with 7.   
does one die for a just person, though  
perhaps for a good person one  
8.  even find  
9.  to die. But  
10.  proves his love for us in that...  
...WHILE WE WERE STILL SINNERS  
 FOR US.

1 2 3 4 5 6 7 8 9 10

COURAGE	DIFFICULTY	HEARTS
GOD	TIME	GIVEN
SPIRIT	MIGHT	STILL
		BECAUSE

E	L	T	H	U	S	B	A	D	N
S	E	L	L	E	W	O	M	A	N
W	Y	L	E	B	L	E	T	H	E
A	E	C	W	O	I	I	J	P	T
T	E	A	H	C	R	N	Y	E	E
E	L	T	T	A	C	H	K	S	S
R	R	H	M	J	R	C	N	O	O
D	N	A	B	S	U	H	I	J	J
I	S	Y	C	B	S	A	R	A	O
D	E	T	K	C	U	B	D	C	B

SAMARITAN SYCHAR JACOB  
JOSEPH WELL WOMAN  
WATER DRINK JEW  
BUCKET CATTLE HUSBAND

