

# OUR LADY OF LOURDES

PARISH OF SEVEN HILLS

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

7 Grantham Road, Seven Hills. NSW. 2147

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<b>Parish Priest:</b>	Fr Henry Huu Duc Tran	<b>Parish School:</b>	LOLO 8869 6800
<b>Parish Deacon:</b>	Deacon Thong Nguyen	<b>Principal:</b>	Ms Keiran Byrnes
<b>Parish Office Team:</b>	Rosie Sadipoor, Kim Dang Jane Nguyen	<b>Reconciliation:</b>	Saturday 4:30-5:30pm
<b>Office Hours: Monday-Friday:</b>	9am - 3.00pm	<b>Baptismal Preparation:</b>	17th July 2024
<b>WEEKDAY MASS:</b>	Tues, Wed, Fri. 8.00am Thursday 9.00am	<b>Baptism:</b>	28th July 2024
<b>WEEKEND MASS:</b>	Saturday Vigil 6pm Sunday 8am & 9.30am	<b>Sacrament Co-Ordinator:</b>	Mrs Artelle Lenthall
		<b>Parish Website:</b>	<a href="http://www.olol7hills.com.au">www.olol7hills.com.au</a>
		<b>Facebook</b>	<a href="https://www.facebook.com/LOLO7Hills/">https://www.facebook.com/LOLO7Hills/</a>

## 12TH SUNDAY IN ORDINARY TIME 23 June 2024 • Year B



### Let us Pray for the Sick

Rico Abadam, Leonila Ahillon, Florence Arinanan, Mary Attard, Rodney Bell, Sarah Bartolo, Rosella Booth, Penny Briscoe, Alma Caguimbal, Mary Camilleri, Minda Camat Robles, Para Dias, Ronald Fountain, Renuka Femando, Tracey Galea, Ronald Gomez, Eggay Gopez, Chmouneh Hayek, Anthony Janicska, Mary Jordan, Clare Kinsley, Paul Leong, Blago Milicevic, Zeferino Jayson Morales, Carlos Moreno, Sharon O'Keefe, Maricar Poblete, Debra Price, Camy Ratnam, Eustace Ratnam, Sue Tiplado, 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:** Emma Barriom, Barrie Chamberlain, Dulcie Duraisamy, Trinidad Faduhilao, Jasmin Fernando, Cynthia Lopez, Faustino Montederamos, Christita Montehermoso, Rudolfo Noble, Dina Sahagun, Monalee Teves, Fred Waltmann.

**Anniversaries:** Romualdo Austria Snr, Peter & Helen Bonnici, Catherine Chandra, Aloysean Corera, Laraine de Silva, Melvyn Fernandes, John Fernando, Nevis Fernando, M.A Fernando, Juliet Francis, Alice George, Joseph Joseph, George Joseph, Helen Gatt, Teodoro Garcia, Christine Gomez, Josephine Gomez, Lissy, Jose & Mary Kutty, Albert Moroney, Mary Muscat, Tony Muscat, Sheena Landagan, Rita Leon, Salvatore & Fr. Lorenzo Loria, Angelita & Gil Opina, Cordula Paiva, Custudio Pamos Snr, Nieves Pamos, Jose Reyes, Cornelio & Iluminada Rondario, Pauline & Santan Soares, Mary Silva, Rosary Silva, Arsenio Laberinto Udan, S. Susainathan, Melchor Usman.

**Remembrance:** Neil Amaratunga, France Angseeing, Carmen Attard, Roy, Mary & Des Barney, Sam Borg, Saviour Caruana, Fe Licup Carmen, Myrna Cruz, Tania McGove, Sam & Silvia Debattista, Carmen, Jimmy, Antonio, Tania, Vivian, Joe & Launcer De Guire, Nevis Fernando, Carmen & Joseph Formosa, Sammy Formosa, Maximilian & Julian Epondulan, Sam Gabo, Mary & Sam Galea, Evangeline Garcia, Leandro Snr Garcia, Jose Garcia, Constance Gaycroft, Frans Gutajar, Selvam Irudayaraj, Pauline Meilak, Mangion & Cini Family, Sashin Patrick Manamperi, Maureen & John Mead, Mary Mifsud, Joseph Mifsud, Emilia & William Mifsud, Maria Reyes, Anton & Lourda Motha, Louis, Stephen & Joseph Mula, Francis Muscat, Felicissimo & Natalia Prahinog, John & Roseline Ratnam, Jose Sanchez, Jonathan Tek Kie, Tony Vassollo, Shane Vaz, Vinnie Zahra, Holy Souls in Purgatory.

*\*Names are to be submitted to the Parish Office on or before a Thursday and will be published for 4 weeks at a time\**

### Our Lady of Lourdes

Ever Immaculate Virgin, Mother of mercy, health of the sick, refuge of sinners, comfort of the afflicted, you know my needs, my troubles, my sufferings; cast on me a look of pity. By appearing in the grotto of Lourdes, you were pleased to make it a privileged sanctuary, from which you dispense your favours, and already many sufferers have obtained the cure of their infirmities, both spiritual and physical. I come, therefore, with the most unbounded confidence to implore your maternal intercession. Obtain most loving mother, my requests, through Jesus Christ your Son our Lord.

*Amen.*



### REGULAR COLLECTIONS - First and Second

**FIRST COLLECTION and Matt's Point** 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

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



### KEEP UP TO DATE

By visiting our parish website with news, the bulletin, prayers and much more - a great way to stay up to date with what's on in our parish Visit [www.olol7hills.org.au](http://www.olol7hills.org.au)

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**FIRST READING** *A reading from the book of Job 38:1.8-11*

From the heart of the tempest the Lord gave Job his answer. He said:

Who pent up the sea behind closed doors when it leapt tumultuous out of the womb, when I wrapped it in a robe of mist and made black clouds its swaddling bands; when I marked the bounds it was not to cross and made it fast with a bolted gate? Come thus far, I said, and no farther: here your proud waves shall break.

The word of the Lord.

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**RESPONSORIAL PSALM**

**(R)** Give thanks to the Lord, his love is everlasting.

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Some sailed to the sea in ships<br>to trade on the mighty waters.<br>These men have seen the Lord's deeds,<br>the wonders he does in the deep. <b>(R.)</b>           | 3. Then they cried to the Lord in their need<br>and he rescued them from their distress.<br>He stilled the storm to a whisper:<br>all the waves of the sea were hushed. <b>(R.)</b> |
| 2. For he spoke; he summoned the gale,<br>tossing the waves of the sea<br>up to heaven and back into the deep;<br>their soul melted away in their distress. <b>(R.)</b> | 4. They rejoiced because of the calm<br>and he led them to the haven they desired.<br>Let them thank the Lord for his love,<br>the wonders he does for men. <b>(R.)</b>             |
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**SECOND READING** *A reading from the second letter of St Paul to the Corinthians 5:14-17*

The love of Christ overwhelms us when we reflect that if one man has died for all, then all men should be dead; and the reason he died for all was so that living men should live no longer for themselves, but for him who died and was raised to life for them.

From now onwards, therefore, we do not judge anyone by the standards of the flesh. Even if we did once know Christ in the flesh, that is not how we know him now. And for anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here.

The word of the Lord.

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**GOSPEL ACCLAMATION**

Alleluia, alleluia!  
A great prophet has appeared among us;  
God has visited his people.  
Alleluia!

**GOSPEL** *A reading from the holy Gospel according to Mark 4:35-41*

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep.

They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

The Gospel of the Lord

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## GOSPEL REFLECTION - 12th Sunday in Ordinary Time Mark 4:35-41

Today's Gospel takes place on the Sea of Galilee, one of the fishing hot spots of the ancient world because it was the home of over forty different species of fish.

Fishermen returning from a hard day's work brought their catch ashore and smoked the fish to prevent spoiling (there weren't any refrigerators in those days) before shipping them to distant parts of the Roman empire.

In today's Gospel, Jesus and some of the apostles are in a boat on the Sea of Galilee when they get caught in the middle of a fierce storm. Since some of the apostles were fishermen, you would think they would have had enough common sense not to get into a boat when it was obvious that a storm was brewing.

This may be a reasonable assumption when talking about most lakes but the Sea of Galilee presents some special problems. Hills as high as 1,200-1,500 feet surround this particular body of water and fierce winds sometimes whip around these hills, picking up speed in whirlwind fashion and causing strong gusts that churn up the water and threaten small boats. Because these storms come suddenly without much warning and end just as abruptly, there was probably no way the apostles could have anticipated unfavorable sailing conditions.

The miraculous event in today's Gospel is more than just a demonstration of Jesus power over the forces of nature. It also has a deeper, spiritual meaning we should not overlook. In the Old Testament, the biblical authors often used a body of water to symbolize the dwelling place of devils or evil spirits and wind to symbolize their power.

Therefore, by rebuking the wind and calming the sea Jesus demonstrates that he is more powerful than the devil. Jesus meets the devil on the devil's own territory and is victorious. The real significance of this miracle, then, is not that Jesus has power over the forces of nature but that he conquers the forces of sin and evil.

### *For Reflection -*

The apostles did all they could on their own but were powerless without Jesus. Because we, too, are helpless by ourselves, we should not wait until we are in trouble before calling on him. We should get in the habit of making Jesus part of everything we do (not just our problems), and he will not disappoint us.

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## PARISH NEWS...

### **PARISH PLANNED GIVING ENVELOPE PROGRAM**

All those who have registered for 2024/2025 envelopes they are now available to pick up from the back of the Church. If you wish to continue donating online, please add your planned giving number or for a one off donation, ref. Donation. Thank you most sincerely for your contribution to our Parish.

### **LOURDES: LUMINATE YOUNG ADULTS GROUP**

The next group night has changed to Tuesday 25th June from 6.30pm till 9pm in the Parish Hall. All are welcome to join in. If you would like more information please contact Laura Bellissimo via [youthlol7h@gmail.com](mailto:youthlol7h@gmail.com) or search 'Lourdes 7Hills Young Adults' on Facebook. Please bring food to share.

### **THE PIETY SHOP**

Thank you for supporting the Piety Shop sale. Over the next coming weeks new and inspirational items will be available for purchase or order. Please continue to come have a browse each week after mass.

### **ROSARY PRAYERS**

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

### **CATHOLIC OUTLOOK MAGAZINE**

Your free copy of the winter edition of Catholic Outlook is now available in the Church.

### **WELCOME OUR VISITING CLERGY TO SEVEN HILLS**

Fr Henry is on annual leave from the 1st of June till the end of the first week of July. During his leave this year, Frs Viet Nguyen SVD, Huong Nguyen SDB, Huy Nguyen SJ will help us with all Weekend Masses and Frs Gerarld O'Demsey OFM Cap and Albino Dos Santos will be available to cover all weekday Masses. Please make them feel welcome in our Parish community.

### **CHILDREN'S LITURGY**

Please kindly note that there will be no children's liturgy while Fr Henry is on his annual leave. Children's liturgy will resume as per normal upon Fr Henry's return, every first and third Sunday of the month during 9.30am mass. All children from ages 5 yrs and up are invited to participate.

### **CHRIST COMMUNITY PRAYER GROUP**

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

### **BECOME A CATECHIST AN SRE VOLUNTEER!**

SRE's are parish volunteers who: Teach and share their faith with children who attend government schools; Have an hour per week to prepare and share their time with young people. OLOL SRE's go into Seven Hills, Seven Hills North, Bert Oldfield, Vardys Road State primary schools & The Hills Sports High School. New volunteer SRE's will be given support, training and teaching materials. For further enquiries please contact Deacon Thong in the parish office.

### **PARISH BIN ROSTER - VOLUNTEERS REQUIRED**

We are seeking volunteers to assist 4 times a year to place the Parish bins on the kerbside (Grantham Road) once a week on Tuesday. Please contact the Parish Office if you are able to help out. *Thank you.*

## DIOCESAN NEWS

### Adult Confirmation 2024 Formation Day: 24 August

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

### CYP LIFTED Retreats:

Catholic Youth Parramatta's annual LIFTED Retreat is back with a twist! This year LIFTED Retreat has transformed into 3 separate retreats, each catering to different age groups and providing opportunities for community, prayer and formation!

- 5-7 July – Ages 18-24 at Carmel House, Varroville. Cost \$150.00.
- 12 July – Ages 16-18 at The Shrine of the Holy Innocents, Kellyville. Free of charge.
- 19-21 July – Ages 25-35 at Mt Schoenstatt, Mulgoa. Cost \$150.00.

Registration is essential! Please head to the website [parracatholic.org/events](https://parracatholic.org/events) for more details.

### Worldwide Marriage Encounter Weekend: 28 – 30 June

Worldwide Marriage Encounter is offering an opportunity for you to learn to become the best version of yourselves together and live your best life in love! Join the team on 28 till 30 June 2024 at a Marriage Encounter Weekend at Mt Carmel Retreat Centre, Varroville, NSW. Book online via [www.wwme.org.au](http://www.wwme.org.au) or contact Christine & Terry Mahony on 0490 774 419 or [nswbookings@wwme.org.au](mailto:nswbookings@wwme.org.au)

### Fr Greg Boyle SJ 'Tattoos on the Heart' Australian Tour: October 2024

Jesuit Priest Fr Greg Boyle SJ, founder of Homeboy Industries in Los Angeles, will be visiting Sydney as part of his 'Tattoos on the Heart' tour in October. Fr Greg will be speaking on 'Radical Kinship' for those in pastoral ministry on 12-13 October and 'Boundless Compassion' to secondary students on 14 October, both at St Joseph's Retreat Centre, Baulkham Hills. To register, please visit <https://www.gpbs.com.au/tattoos-on-the-heart/> or scan the QR code.



### MET Worship A Journey of Faith RCIA Seminars: Beginning 31 July

The MET Worship team are holding a series of seminars for RCIA coordinators to come together to learn and ask questions about how to run a RCIA program in their parish. The sessions will be held on Wednesdays (and one Tuesday) from 31 July to 28 August at the Bishop Bede Heather Centre, Blacktown. Participants may attend as many workshops as they are interested in. For more information and to register, please visit <https://parracatholic.org/connect/events/?series=rcia-seminars> or contact [lucy.woodbury@parracatholic.org](mailto:lucy.woodbury@parracatholic.org) or call 0460 037 795.

### Rouse Hill Parish Carlo Acutis First-Class Relic Visit: 29 – 30 June

Our Lady of the Angels Parish, Rouse Hill, will host a First Class Relic of Blessed Carlo Acutis throughout the weekend of 29 and 30 June. Opportunities to venerate the relic will be held on Saturday between 11am and 12pm and 4.30pm to 5.30pm before the Saturday Vigil Mass. Blessed Carlo's International Exhibition of Eucharistic Miracles will also be open on Saturday from 9.30am to 4.30pm and Sunday 9am to 5pm. For more information, contact the parish office on (02) 8883 4063 or email [parishoffice@ourladyoftheangels.org.au](mailto:parishoffice@ourladyoftheangels.org.au)

**Thank You for Supporting our Catholic Care's Project Elizabeth**  
Fr Fernando Montano, Parramatta Catholic Foundation, and Catholic Care thank you for your generous support of mothers during tough times. Our Bishop's Good Samaritan Appeal ensures Catholic Care can continue to help uphold the dignity and sanctity of human life, so more families facing challenges can flourish and live life to the full. If you haven't had a chance to donate, please visit [parracatholic.org/appeal](https://parracatholic.org/appeal) or scan this QR code. Thank you.



### MET Worship Music Copyright Workshop: 30 July or 1 August

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

### \*\*NOTE UPDATED DETAILS\*\* Central Europe Pilgrimage with Fr Joseph Lam OSA: May 2025

Cosmos Tour Operators are organising a Central Europe tour for 15 days from 11 to 25 May 2025, travelling through Germany, Poland, Slovakia, Hungary, Austria and Czechia, accompanied by Fr Joseph Lam OSA from St Finbar's Parish, Glenbrook. Prices start from \$5,290 per person, excluding flights. For more information or to register your interest please contact Ruby Travels Worldwide on 0401 895 998, email [june.rubytravels@gmail.com](mailto:june.rubytravels@gmail.com) or visit the website [rubytravelsworldwide.com](http://rubytravelsworldwide.com)

### Great Saints of Italy Pilgrimage with Fr Chris del Rosario: October 2024

Join Fr Christopher del Rosario on a breathtaking pilgrimage on the footsteps of some of Italy's most well-known saints. Follow their paths etched into our faith heritage, from the great Christian centre of Rome to sacred towns made famous by Padre Pio, St Francis, St Clare, St Catherine and St Anthony. This is an amazing opportunity to deepen our faith and explore the rich tapestry of culture, art and history that Italy has to offer. Pilgrimage commences 21 October 2024. For more details scan the code or visit [www.harvestjourneys.com/tour/great-saints-of-italy/](http://www.harvestjourneys.com/tour/great-saints-of-italy/).



### Upper Blue Mountains Parish Carlo Acutis First-Class Relic visit: 5 – 7 July

St Mary of the Cross MacKillop Parish, Upper Blue Mountains, will host a First Class Relic and the International Exhibition of Eucharistic Miracles by Blessed Carlo Acutis from Friday 5 to Sunday 7 July at St Canice's Church, Katoomba. The exhibition is free, but a donation can be made to help with the upkeep of the exhibition. The exhibition will be open from 1pm – 3pm on Friday and 10am – 3pm on Saturday and Sunday. For more information, contact the parish office on (02) 4782 2804 or email [bluemountains@parracatholic.org](mailto:bluemountains@parracatholic.org)

### Caritas Australia's Papua New Guinea Landslide Disaster

Hundreds of people are displaced and many more affected by a devastating landslide that struck a remote village in Papua New Guinea. Your urgent support is needed now. You can donate online at [www.caritas.org.au/png](http://www.caritas.org.au/png) or phone 1800 024 413 or scan the QR Code.



### Scam Alert

Please be aware of a scam emails circulating throughout the Diocese referencing parish priest names asking to be contacted. Please delete and don't click on any links. If you need to verify the source call your Parish Office.



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## POPE FRANCIS ANGELUS



Dear brothers and sisters, happy Sunday!

Today the Gospel of the liturgy speaks to us of the Kingdom of God through the image of the seed (cf. *Mk* 4:26-34). Jesus uses this simile several times (cf. *Mt* 13:1-23; *Mk* 4:1-20; *Lk* 8:4-15), and today He does so by inviting us to reflect in particular on an important attitude connected to the image of the seed: it is the attitude of *confident expectation*.

Indeed, in sowing, no matter how good or abundant the seed the farmer scatters, or how well he prepares the land, the plants do not sprout immediately: it takes time and it takes patience! Therefore, it is necessary that, after having sown, he knows how to wait confidently, to allow the seeds to open at the right moment and the shoots to sprout from the seed and grow, strong enough to guarantee, at the end, an abundant harvest (cf. vv. 28-29). Underground the miracle is already in progress (cf. v. 27), there is enormous development, but it is invisible, it takes patience, and in the meantime it is necessary to keep tending the turf, watering it and keeping it clean, despite the fact that on the surface nothing seems to be happening.

The Kingdom of God is like this too. The Lord places in us the seeds of His word and His grace, good seeds, abundant seeds, and then, without ever ceasing to accompany us, He waits patiently. The Lord continues to take care of us, with the confidence of a Father, but He gives us time – the Lord is patient – so that the seeds open, grow and develop to the point of bearing the fruits of good works. And this is because He wants nothing in His field to be lost, that everything should reach full maturity; He wants us all to be able to grow like ears of grain.

Not only this. By doing so, the Lord gives us an example: He teaches us too to sow the Gospel confidently wherever we are, and then to wait for the seed that has been sown to grow and bear fruit in us and in others, without becoming discouraged and without ceasing to support and help each other even where, despite our efforts, we do not seem to see immediate results. In fact, often even among us, beyond appearances, the miracle is already underway, and in due course it will bear abundant fruit!

Therefore, we can ask ourselves: do let the Word be sown in me? Do I too sow the Word of God with confidence in the places where I live? Do I wait patiently, or am I discouraged because I do not see the results immediately? And do I know how to entrust everything serenely to the Lord, while doing my best to proclaim the Gospel?

May the Virgin Mary, who welcomed and made the seed of the Word grow within her, help us to be generous and confident sowers of the Gospel.

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### After the Angelus

Dear brothers and sisters,

Yesterday, in Krakow, Michał Rapacz was beatified. A priest and martyr, a pastor according to the heart of Christ, and a faithful and generous witness of the Gospel, he experienced both Nazi and Soviet persecution and responded with the gift of his life. A round of applause for the new Blessed!

Painful news continues to arrive of clashes and massacres in the eastern part of the Democratic Republic of the Congo. I appeal to the national leaders and the international community to do everything possible to stop the violence and safeguard the lives of civilians. Among the victims, many are Christians killed *in odium fidei*. They are martyrs. Their sacrifice is a seed that germinates and bears fruit, and teaches us to bear witness to the Gospel with courage and consistency.

Let us not cease to pray for peace in Ukraine, in the Holy Land, in Sudan, in Myanmar and wherever people suffer from war.

I greet you all, Romans and pilgrims! In particular, I greet the faithful from Lebanon, Egypt and Spain; students from the “London Oratory School”; those from the diocese of Opole in Poland and those of Budapest-Albertfalva; the participants in the European Forum of the Laity, on the theme “Faith, art and synodality”; and the group of mothers from the Congolese community of Rome. These mothers sing well! I would like to hear them sing another time.

I greet the faithful of Carini, Catania, Siracusa and Messina; the young candidates for Communion and Confirmation from Mestrino; the newly-confirmed of Castelsardo, Sassari, from Bolgare, Bergamo, and from Camin, Padua; and finally, a thought of gratitude to the blood donors who have just celebrated their national Day.

I greet you all, and I wish you all a good Sunday. Please, do not forget to pray for me.

Enjoy your lunch, and *arrivederci!*

**Cycle of Catechesis. The Spirit and the Bride. The Holy Spirit guides the people of God towards Jesus our hope.**

### **4. The Spirit teaches the Bride to pray. The Psalms, symphony of prayer in the Bible**

*Dear brothers and sisters, good morning!*

In preparation for the next Jubilee, I invited the devotion of the year 2024 “to a great ‘symphony’ of prayer”. With today’s catechesis, I would like to recall that the Church already possesses a symphony of prayer, whose composer is the Holy Spirit, and it is the Book of Psalms. As in any symphony, it contains various “movements”, that is, various genres of prayer: praise, thanksgiving, supplication, lamentation, narration, sapiential reflection, and others, both in the personal form and in the choral form of the whole people. These are the songs that the Spirit himself has placed on the lips of the Bride, His Church. All the Books of the Bible, I mentioned last time, are inspired by the Holy Spirit, but the Book of Psalms is also so in the sense that it is full of poetic inspiration.

The Psalms have had a special place in the New Testament. Indeed, there were and still are editions that contain the New Testament and the Psalms together. On my desk I have an edition in Ukrainian of this New Testament of Psalms from a soldier who died in the war, that was sent to me. And he prayed on the front with this book. Not all the Psalms and not all of every Psalm can be repeated and made their own by Christians and even less by modern man. They reflect, at times, a historical situation and a religious mentality that are no longer our own. This does not mean that they are not inspired, but in certain aspects they are linked to a time and a temporary stage of revelation, as is also the case with a large part of ancient legislation.

What most commends the Psalms to our attention is that they were the prayer of Jesus, Mary, the Apostles and all the Christian generations that have preceded us. When we recite them, God listens to them with that grandiose “orchestration” that is the community of saints. Jesus, according to the Letter to the Hebrews, enters into the world with a verse from a Psalm in His heart: “Lo, I have come to do thy will, O God” (cf. *Heb* 10:7; *Ps* 40:9), and He leaves the world, according to the Gospel of Luke, with another verse on His lips: “Father, into thy hands I commit my spirit” (*Lk* 23:46, cf. *Ps* 31:6).

The use of psalms in the New Testament is followed by that of the Fathers and the entire Church, which makes them a fixed element in the celebration of the Mass and the Liturgy of the Hours. “All the Sacred Scripture breathes the goodness of God”, says Saint Ambrose, “but in particular the sweet book of the Psalms”, the sweet book of the Psalms. I wonder: do you pray with the Psalms sometimes? Take the Bible or the New Testament, and pray a Psalm. For example, when you are a bit sad for having sinned, do you pray Psalm 50? There are many Psalms that help us keep going. Form the habit of praying with the Psalms. I assure you that you would be happy in the end.

But we cannot only live on the legacy of the past: it is necessary to make the Psalms *our* prayer. It was written that, in a certain sense, we must ourselves become the “scribes” of the Psalms, making them ours and praying with them. If there are Psalms, or just verses, that speak to our heart, it is good to repeat them and pray them during the day. The Psalms are prayers “for all seasons”: there is no state of mind or need that does not find in them the best words to be transformed into prayer. Unlike other prayers, the Psalms do not lose their effectiveness by dint of being repeated; on the contrary, they increase it. Why? Because they are inspired by God and “breathe” God, every time they are read with faith.

If we feel oppressed by remorse or guilt, because we are sinners, we can repeat with David: “Have mercy on me, O God, according to thy steadfast love” (*Ps* 51:1), Psalm 51. If we want to express a strong personal bond with love, let us say: “O God, thou art my God / I seek thee, / my soul thirsts for thee; / my flesh faints for thee, / as in a dry and weary land where no water is” (*Ps* 63:1), Psalm 63. It is not for nothing that the Liturgy has inserted this Psalm in the Lauds of Sunday and the solemnities. And if fear and anguish assail us, those wonderful words of Psalm 23 come to our rescue: “The Lord is my shepherd ... Even though I walk through the valley of the shadow of death, / I fear no evil” (*Ps* 23:1,4).

The Psalms allow us not to impoverish our prayer by reducing it merely to requests, to a continuous “give me, give us...”. We learn from the Lord’s Prayer, that before asking for our “daily bread”, says, “Hallowed by thy name; thy Kingdom come, thy will be done”. The Psalms help us to open ourselves to a prayer that is less focused on ourselves: a prayer of praise, of blessing, of thanksgiving; and they also help us give voice to all creation, involving it in our praise.

Brothers and sisters, may the Holy Spirit, who gave the Church Bride the words to pray to her divine Bridegroom, help us to make them resound in the Church today, and to make this year of preparation for the Jubilee a true symphony of prayer. Thank you!

### **APPEAL**

Tomorrow will be World Refugee Day, promoted by the United Nations. May it be an occasion to turn an attentive and fraternal gaze to all those who are compelled to flee their homes in search of peace and security. We are all required to welcome, promote, accompany and integrate those who knock on our doors. I pray that States will strive to ensure humane conditions for refugees and to facilitate integration processes.

### **Special Greetings**

I extend a cordial welcome to the English-speaking pilgrims and visitors taking part in today’s Audience, especially the groups from Australia, India, Indonesia, the Philippines, South Africa, South Korea, Sweden, Taiwan, Tanzania, the United Kingdom, the United States of America and Vietnam. I invoke upon you and your families the joy and peace of our Lord Jesus Christ. God bless you!

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

Today we continue our catechesis on the Holy Spirit, who teaches the Church, as the Bride of Christ, how to pray. For our symphony of prayer in preparation for the upcoming Jubilee, we turn to the poetry of the Psalms, just as that great “orchestra”, the communion of saints, has done since the Church’s earliest days. The Psalms express every movement of this symphony and echo every sentiment of our hearts in words that often convey wonder, grief, and hope. The more frequently we repeat these inspired prayers, the stronger and more effective they become. May the Holy Spirit enrich our prayer with this gift, and in so doing, empower us to give voice to all creation, involving it in our praise.

## 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)

**FOLLOW US ON FACEBOOK** <https://www.facebook.com/OLOL7Hills/>

### SICK AND/OR HOMEBOUND?

Would you like to receive Communion? Or seriously ill or in danger of death? We have dedicated ministers who can visit and bring you communion. Feel free to approach or call Fr Henry for the Holy Anointing of the Sick. Please call the parish office 9622 2920

### FUNERALS

When a Funeral is to be celebrated, please contact the parish office to organise a meeting with Fr Henry. Funerals are not permitted on Sundays or Holy Days of Obligation.

### BAPTISM

Parents desiring Baptism for their children are encouraged to contact the parish office to arrange for the required preparation class for parents.

### MASS INTENTIONS

All Mass intentions must be submitted to the Parish Office on or before Thursday. Names will be published for 4 weeks at a time.



### LOURDES OVER 50s GROUP

Over 50s meeting Thursday 11th July 2024, 10.30am– 1pm in the Parish Hall. Please bring a plate to share. Look forward to seeing you there.

### Lourdes: Luminare Young Adults Group

The next group night will be 25th June. If you would like more information please kindly contact Laura Bellissimo: [youtholol7h@gmail.com](mailto:youtholol7h@gmail.com) or search 'Lourdes 7Hills Young Adults' on Facebook.

### LOURDES PLAYGROUP

Our Lady of Lourdes Parish playgroup is a fun playtime for children aged 0 to 5 years old and their carers. It is held every Friday morning during school terms 9.30am-11.00am in the Parish Meeting Room. For further information please contact Maria Hosni 0432 174 056 or the Parish Office.

### PIETY SHOP

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

### LEGION OF MARY

Thursdays at 1.30pm in the Parish Meeting Room. All Welcome.

### Christ Catholic Community Prayer Group

Thursdays at 9.30am in the Parish Meeting Room. All Welcome

### Vinnies Support Centres Are Available To Those In Need

The St Vincent de Paul Society has members and community-focused Vinnies Support Centres right across NSW. They provide people in immediate crisis with assistance. If you need assistance, call 131812 (option 3) to be redirected to your nearest Vinnies Support Centre. To find out more about the support that is available, visit <https://www.vinnies.org.au/nsw/find-help>. If you'd like to contribute to helping those in need in the local community through the St Vincent de Paul Society, please email Reno Abela at [rabel24@gmail.com](mailto:rabel24@gmail.com).

### OFFERTORY PROCESSION FOR OUR WEEKEND MASSES

With the intention to help our community to get more involved at Mass and better appreciate our share in the priesthood of the faithful, meaning our call to be priests, prophets and kings or queens of Jesus through baptism that Fr David Orr reminded us in our Parish retreat, I would like to invite all our parishioners to take part in the offertory procession, especially families that have some special celebrations in the families, such as baptisms, birthdays, wedding anniversaries, or death anniversaries. Please see Fr Henry or Ernie before Mass to arrange it.

## OLOL PARISH CALENDAR

### June

25	Lourdes: Luminare Young Adults Group Night	6.30pm
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### July

5	School Term 2 ends	
10	Parish Pastoral Council Meeting	7.30pm
11	Lourdes Over 50's Meeting	10.30am

## OLOL MINISTRY ROSTER

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

### 22/23 June

Acolytes	Vigil: Abel Do Rosario 8am: Sandy Manamperi, 9.30am: Ian Epondulan	
Ministers	Vigil: L. Bellissimo, A. Bellissimo 8am: H. Gonzales, C. Gonzales 9.30am: M. Aquino, E. Miu	
Readers	Vigil: N. Do Rasario, M. Simic 8am: J. Irudayaraj, A. McNally 9.30am: Edward Pieris, Anastatia Han	
Altar Servers	Vigil: M. Glivic, SUB RQD 8am: Volunteers 9.30am: A. Melki, M. Pieris, J. Pieris	
Morning tea (after 9.30am Mass)	Couples for Christ	
Musicians	Vigil: Nina's Group 8am: 9.30am: Nina's Group	
Flowers	Annette & Mary	
Church Cleaning	26 June	Jessie Borg Anne McNally Edgardo Barcelon
Welcomers	Vigil: Volunteer 8am: Chricha Gonzales 9.30am: S. Pieris, E.Barcelon	

### 29/30 June

Acolytes	Vigil: Frank Paiva 8am: Ernie Gartner 9.30am: Ramzee Michael	
Ministers	Vigil: B. Motha, N. Shami 8am: F. Balatbat, Edith Gartner 9.30am: M. Michael, C. Brooks	
Readers	Vigil: A. Punch, J. Sarmiento 8am: P. Ferriols, K. Walker 9.30am: S. Manamperi, A. Walker	
Altar Servers	Vigil: A. Bagatella, E. Reardon 8am: Volunteers 9.30am: C. Attard, L. Culili, J. Kingston	
Morning tea (after 9.30am Mass)	Parish Pastoral Council	
Musicians	Vigil: Shaun's Group 8am: Nina & C.W 9.30am: Maximilian Chorale	
Flowers	Team	
Church Cleaning	4 July	Lourdes Spiteri Edgardo Barcelon
Welcomers	Vigil: Ram Ugre 8am: Volunteer 9.30am: K. Chamberlain, E.Barcelon	

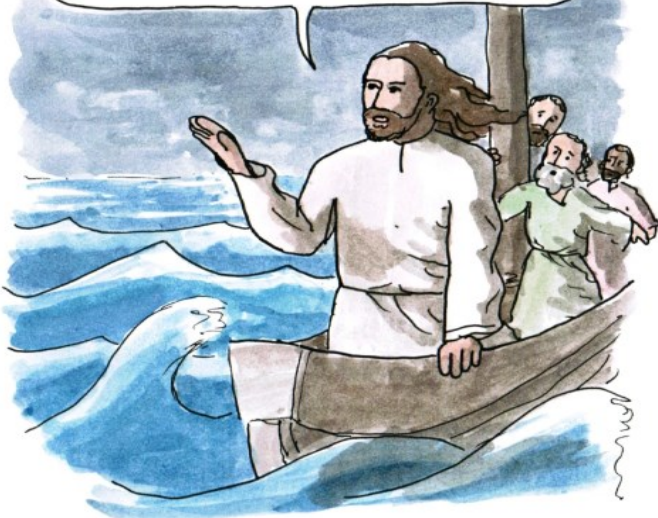


# The Kids' Bulletin

12th Sunday in Ordinary Time  
June 23rd, 2024

Peace! Be Still!  
Jumble

5 8 3 2 7 | 1 2 | 6 7 3 4 4



BAOT

2

DOWRN

4 3

WEAVS

1

CMLA

5

When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!"

Mark 4:39a (NLT)

JESUS CALMS A

1 2 3 4 5

Unscramble each word, then use the marked letters to reveal the secret word.

HERE ARE SOME CLUES IN CASE YOU NEED HELP!

1. Jesus and his disciples got in a \_\_\_\_\_.
2. The disciples were afraid that they were going to \_\_\_\_\_.
3. Jesus spoke to the wind and the \_\_\_\_\_.
4. After Jesus spoke, the sea became \_\_\_\_\_.

ANSWER: There was a fierce \_\_\_\_\_ on the sea.

Help Jesus get through the storm.

In today's Gospel reading Jesus fell asleep in the boat with the apostles when a big storm came up. The apostles were frightened and woke Him. Jesus stood up and said something and the storm and the sea obeyed Him.

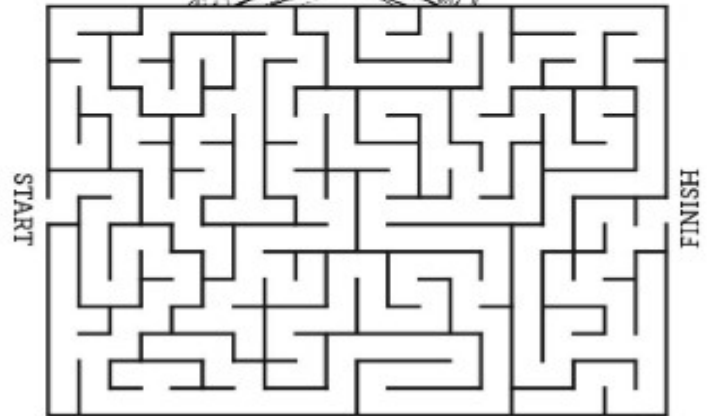
What did he say? Use the code to find out!

B E I L Q S T U  
1 2 3 4 5 6 7 8

## Jesus Calms the Storm

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. Mark 4:39

The puzzle is based on Mark 4:35-41 (NIV).



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

STERN	CROWD	FAITH	CALM	TEACHER
OBEY	SWAMPED	WIND	AFRAID	DROWN
WOKE	SLEEPING	BOAT	EVENING	STILL
SQUALL	WAVES	CUSHION	TERRIFIED	QUIET

