



## Our Lady of Lourdes Parish, Sunnybank

Calamvale, Kuraby, Macgregor, Parkinson, Robertson, Runcorn, Stretton, Sunnybank, Sunnybank Hills

† Our Lady of Lourdes Church, 121 Mains Road, Sunnybank

**Parish Office** (adjacent to Church, Sunnybank) **Ph: 3345 3766** **Office Hours** Monday to Thursday, 8.30 am - 4.00 pm; Friday 9.00am - 4.00pm  
**Post:** PO Box 32, Sunnybank, QLD 4109 **Web:** www.olol.com.au **Email:** sunnybank@bne.catholic.net.au  
**Priests:** *Fr Enoch Iheme* (Parish Priest) *Fr Francisco Evangelista* (Associate Pastor)

### Monday 30th January

8.15am Morning Prayer  
8.30am **Mass**

### Tuesday 31st January

*St John Bosco*

8.15am Morning Prayer  
8.30am **Mass**  
7.00pm Adoration

### Wednesday 1st February

8.15am Morning Prayer  
8.30am **Mass**  
9.00am Rosary

### Thursday 2nd February

*The Presentation of the Lord*

7.50am Christian Meditation  
8.45am Morning Prayer  
9.00am Mass

### Friday 3rd February

8:15am Morning Prayer  
8.30am **Mass**  
9.00am Adoration  
10.00am **First Friday Mass**  
10.00am Legion of Mary

### Saturday 4th February

11.00am Reconciliation  
2.30pm Charismatic Prayer  
(Spanish)  
5.00pm Reconciliation  
6.00pm **Mass**

### Sunday 5th February

*5th Sunday in Ordinary Time*

6.30am **Mass**  
8.00am **Mass**  
9.15am **Mass**  
10.30am **Mass**  
6.00pm **Mass (Youth)**



*Sermon della Montagna (Sermon on the Mount)*  
by Cosimo Rosselli, c. 1481 - 1482.  
Sistine Chapel

### Fourth Sunday in Ordinary Time - 29th January 2023

Dear Parishioners,

Last weekend we heard that two of the most humbled towns in the Old Testament, Zebulun and Naphtali were exalted because they became the regions where Jesus Christ started his earthly ministry. This weekend we will be listening to one of the least known Old Testament prophets; Zephaniah. **While Zephaniah will be urging us to obey God's commands, seek integrity and humility, the Gospel of Matthew will be inviting us to follow the way of the Beatitude.** Reflecting on the beatitude, **the Catechism of the Catholic Church identifies Jesus as the model for the beatitudes.** Therefore, to achieve the beatitude, **we have to follow Jesus who humbled himself in poverty, gentility, forbearance, quest for justice and peace, and in holiness of life.** Let us thank God who trusts that we can share in the Divine Blessedness and ask for the grace to follow Jesus our example and model.



Next week, the Church in Australia will celebrate **Word of God Sunday on February 5 2023** (Fifth Sunday in Ordinary Time, Year A). Pope Francis established the day, which is devoted to **"the celebration, study and dissemination" of the Word of God.** One of the primary ways in which we honour God's Word in the liturgy is by **faithfully listening to the proclamation of the readings and the homily, and by discerning the various ways in which God's Word applies to our lives.** There are also some other ways of celebrating the Word in groups (**Bible Study and Christian Meditation**) and in private by **daily reading and reflecting of the Scripture.**

After the holidays, some parish activities that were in recess are gradually resuming. **I thank the leadership of the various parish groups and welcome you to another year of Pastoral, Spiritual and Missionary activities.** As we approach the Parish Feast day weekend, **I encourage everyone to engage our parish life beyond weekend attendance to belonging to at least one parish group.** It is my wish that through the Parish Expo, you will **find a group that will need you as well as support your daily Christian living.**

**Next Friday is our First Friday and Saturday is Men's Breakfast.** One way of engaging our parish life beyond weekends is our monthly First Friday Mass at 10.00am and wonderful morning tea. **All parishioners are cordially invited to attend this Mass in the Church followed by Morning Tea in the Avocado Room.**

It is said that time flies when you are having fun and it seems unreal that we have come to the end of January 2023. **This is a reminder for everyone to gear up for a very amazing year and I pray that you will ahead of every time this year.**

God bless you,

Fr Enoch Iheme

### WORLD DAY FOR CONSECRATED LIFE - 2nd February 2023

We pray for all the baptised, but especially for all those who have made life commitments to consecrate their entire life to God. On this day, we also remember those who work in difficult parts of the world.

Next Sunday: Fifth Sunday in Ordinary Time **Isaiah 58:7-10**

**1 Corinthians 2:1-5**

**Matthew 5:13-16**

## Fourth Sunday in Ordinary Time (Year A)

**First Reading: Zephaniah 2:3, 3:12–13** Some during the history of Israel tended to equate material prosperity with divine blessing. Zephaniah's words point in a different direction. It is those who are humble and seek their refuge in the Lord who receive divine blessing. It is the lowly and the poor who set their eyes to God who are truly blessed.

**Second Reading: 1 Corinthians 1:26–31** Paul speaks of the limitation of human wisdom as God chooses what we assume is insignificant to show the true glory of God. It is a reminder that we have nothing to boast for on our own accord. All that is worthwhile truly comes from God.

**Gospel: Matthew 5:1–12** The Beatitudes present a collection of ways that we can live the blessings of God. Those who humbly seek the will of God will be assured of lasting happiness.

### ENCYCLICAL LETTER

#### LAUDATO SI'

#### OF THE HOLY FATHER FRANCIS ON CARE FOR OUR COMMON HOME

What is Happening to our Common Home

#### CHAPTER FOUR: INTEGRAL ECOLOGY

#### iii. ECOLOGY IN DAILY LIFE

147. Authentic development includes efforts to bring about an integral improvement in the quality of human life, and this entails considering the setting in which people live their lives. These settings influence the way we think, feel and act. In our rooms, our homes, our workplaces and neighbourhoods, we use our environment as a way of expressing our identity. We make every effort to adapt to our environment, but when it is disorderly, chaotic or saturated with noise and ugliness, such overstimulation makes it difficult to find ourselves integrated and happy.

### CELEBRATING THE FEAST DAY OF OUR LADY OF LOURDES



The feast day for Our Lady of Lourdes will be on **Saturday 11 February**. The monthly cuppa tea weekend will be held that weekend, 11 & 12 February. **All parishioners are invited to stay after Mass and chat over a cuppa.** All are Welcome!



This year, there will also **Parish Expo** as part of the celebrations across the weekend. The Parish Expo is intended to **showcase all our parish groups, associations and activities** in order to enliven the Sunnybank Popular piety and participation. It will be an opportunity for everyone to find out what's happening in the parish, ask questions and consider how to be part of the **2023 Parish** themed **"Be inspired, renewed and strengthen our parish."**

#### FIRST FRIDAY MASS & MORNING TEA



The first First Friday Mass of the year will be on **Friday 3 February at 10am**, which will be followed by Morning Tea in the Avocado Room.

Hope to see you all there!

#### THE BEGINNING OF LENT: Ash Wednesday - 22 February 2023

Mass Times:

6:30am

9am (School & Parish Mass)

6pm



#### OUR LADY OF LOURDES LENT 2023 PARISH MISSION

with **Bruce Downes, The Catholic Guy**  
**2 March - 7 March 2023**

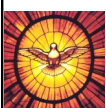
**Be inspired, Be refreshed, Be renewed!**

It is amazing what God can do  
when you pause and listen to Him!

Come to this ALL NEW 4 day Lenten retreat that will be inspirational, prayerful and will help you in your spiritual walk this Lent.

#### SUNNYBANK CHARISMATIC PRAYER GROUP

The Charismatic Prayer Group will be meeting:



Saturday 4 February - Spanish Prayer Meeting  
Saturday 11 February - English Prayer Meeting  
Saturday 18 February - Spanish Prayer Meeting  
Saturday 25 February - English Prayer Meeting

Held in the Media Room, 2:30pm to 5pm.

All Welcome! Contact the parish office for more info.

#### CONGRATULATIONS!



Congratulations to Bishop Michael Kalu Ukpong who will be installed as the 3rd Bishop of Umuahia diocese in Nigeria on the 2nd of February.

We thank him for sending Fr Enoch Iheme and other dedicated Nigerian clergy to minister among us. We also pray for Bishop Michael as he takes up the Shepherding Ministry.

## Your Prayers Are Asked For:

*recently deceased:* **George Martyn, Fr. Pedro Indong Sombilon, Leslie Ellis, Elenawati Wirawan, Phillip Testa, William James Huston,** Noel Combey, Steven Bok, Leonardo Bitong, Marta Sermeno

*those with anniversaries & others who have died:* **Romeo Perilli, Marie Anandappa, Patricia Parker,** Ligaya Arceo, Marie Coley, Ana Klaser, Bosko Malinovic, Celine Urmise, Eliseo F. Primacio, Domingo Dimatulac, Ricardo Salonga

*those who are unwell:* **Peter Morandini,** Ting Chiu, Josie Harris, Esmeralda Berrios, Mario Minero, Peter Morandini, Ron Andrews



### 2023 SACRAMENTAL PROGRAM Our Lady of Lourdes Parish, Sunnybank

Parents with Children in Grade 3 (8 years and above by June 2023) are invited to enrol their children in the 2023 Sacramental Program.

Registrations will close on Tuesday 31st January 2023. If you have any questions regarding the 2023 Sacramental Program or would like to enrol your child, please email the parish office at: [pa.sunnybank@bne.catholic.net.au](mailto:pa.sunnybank@bne.catholic.net.au)

#### Sacrament of Penance (concluding the 2022 Program)

Parent Info Session: Sunday 19th Feb, 1pm

#### Sacrament of Confirmation (2023 Program start)

Parent Info Session: Sunday 23rd April, 1pm

#### Sacrament of First Holy Communion

Parent Info Session: Sunday 11th June, 1pm

#### High School Sacramental Program (For those who have not received all the Sacraments)

Parent Info Session: Sunday 27th August

### OLOL & OLOF MEN'S BBQ BREAKFAST

Welcome back and Happy New Year to everyone! We invite men of all ages to come together in fellowship and enjoy a full barbeque breakfast on the first Saturday morning of each month.



The first breakfast for 2023 will be held on **Saturday 4 February 2023 from 7am to 9am in the Avocado Room of the Paloma Reception Centre.** Bacon, sausages, eggs, tomatoes, baked beans, toast, jams, juices, tea and coffee are all available for the same cost as previous years at **\$10 per person.** Our guest speaker will be the new associate priest for Sunnybank parish, Father Francesco.

If you would like to attend, please contact Les Micale at [fom.sunnybank@gmail.com](mailto:fom.sunnybank@gmail.com) or 3273 7883, on or **before Thursday 2 February 2023 for catering purposes.** If you would like to be placed onto our email invitation list, please let us know.

### WOMEN FOR WOMEN AFTERNOON TEA



Please join us for a wonderful afternoon of raffles, connection, and laughter!

Pam Nair will be speaking about Leading an Intentional Catholic Life. She has been a parishioner for over 3 decades, is a Clinical Counsellor with her own Private Practice, is a member of the Pastoral Council and our Local Safeguarding Representative.

Lent will be commencing in February, so Pam will be speaking to us about the healing that forgiveness brings and how to instil a balanced lifestyle so that we are truly living our lives fruitfully as Catholics.

Our next event is:

**Sunday 26 February 2023 at 2.00pm**  
**Our Lady of Lourdes, Sunnybank**  
**Avocado Room, Paloma Centre**  
**121 Mains Road, Sunnybank**  
**\$7 per person**

To book, please RSVP by Wednesday 22 February 2023, advising any dietary requirements, to: [ololsunnybankwomen@gmail.com](mailto:ololsunnybankwomen@gmail.com)

### CARE FOR OUR COMMON HOME AND ITS PEOPLE

This week commences the month of February on which there are 3 days of significance in relation to Care for our Common Home. 2 February is World Wetlands Day; 20th is World Day of Social Justice & 22nd is Ash Wednesday.

So this coming week you may like to - Take a walk through the lush wetlands a delight this time of the year. The winding tracks and sturdy boardwalks open up hidden new worlds. The thick bush, fringing vegetation and the canopy of swaying trees. There is a wonderful wetland board walk at Wynnum West.

As much as the wetlands are places of recreation and pleasure, they are also grounds that support delicate ecosystems, intricate bionetworks, diverse wildlife and their habitats. They require our care and attention. Here are 10 simple things we can do to help our wetlands: <https://www.thewetlandscentre.org.au/blog/things-to-do-to-help-wetlands/>

### PARISH NEWSLETTER

If you would like to start receiving the parish newsletter via email, please email the parish office at [sec.sunnybank@bne.catholic.net.au](mailto:sec.sunnybank@bne.catholic.net.au)



### Archdiocese of Brisbane Safeguarding Commitment

The Archdiocese has **zero tolerance** for all forms of abuse and is committed to safeguarding everyone involved in its activities, ministries and services.

**The safety and wellbeing of children and adults-at-risk is paramount.**





**PARISH STAFF  
& CONTACTS**

**Pastoral Ministry Coordinator**

Noel Arceo

pa.sunnybank@bne.catholic.net.au

**Local Safeguarding Representative**

Pam Nair

nairs\_counselling@yahoo.com.au

**Secretary**

Megan Carroll

sec.sunnybank@bne.catholic.net.au

**Accounts**

Tam Nguyen

accounts.sunnybank@bne.catholic.net.au

**Caring Coordinator**

Christine Smith

care.concern.sunnybank@bne.catholic.net.au

**Unite Youth/Young Adults Coordinator**

Zac Hare

youth.sunnybank@bne.catholic.net.au  
0493 100 177

**Parish Music Coordinator:**

Barbara Elliott

elliottba@bne.catholic.net.au

**Housekeeper:**

Louise Weston

**Paloma Reception Centre**

3345 3766

**OLOL School, Sunnybank**

Principal - Phil Manitta

3345 0700

**OLOL OSHC**

Co-ordinator - Sheleen Lata

sunnybankoshc@bne.centacare.net.au  
3344 3064

**St Thomas More College,  
Sunnybank**

Principal - Les Conroy

3323 4600

**St Vincent de Paul**

1800 Vinnies

1800 846 643

**Soubirous Place**

Sr Bridgid

**Centacare**

Service Delivery Manager -

Emma Rohde

3323 2100

**UNITE**

**Youth and Young Adult Ministry**



Youth mass livestream:

Unite Sunnybank

YA Facebook group:

Unite Young Adults

**UNITE TEENS**

**Unite Teens will recommence for the year next Friday, 27th January from 7-9pm in the Avocado Room, as per normal.**

We encourage those in grades 6-12 to come and join us, as well as those who have already been with us, to bring a friend along too.

As always, if you want to get in touch with myself, please feel free to send me an email: youth.sunnybank@bne.catholic.net.au or text to 0493 100 177.

God bless,  
Zac Hare  
Youth Coordinator

St. Thomas More  
COLLEGE



**WELCOME BACK TO SCHOOL**

Welcome back to all students and teachers. May this year bring you knowledge, success, growth & fun!



*The 'Spirit of Hope' Prayer Meeting*

**St Stephen's Chapel**

(In the grounds of the Cathedral in Brisbane City Centre)

(We Meet every 1<sup>st</sup> Wednesday of the Month)

**Next Meeting Wednesday 1<sup>st</sup> February 2023**

**10.45am – 12.15pm**

**(after 10am Mass)**

**Praise and Worship in the C.B.D..... Our Guest Speaker is Len Aireys**

**Personal Prayer Ministry will be Available**

**EVERYONE WELCOME!**

Contact: Maureen 0403002199 or Helena 0405321901



**CHILDREN'S LITURGY OF THE WORD**

**Will resume on Sunday 5th February,  
at the 9:15am Mass**

