



## 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 - Friday, 8.30 am - 4pm

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Web: [www.olol.com.au](http://www.olol.com.au)

Email: [sunnybank@bne.catholic.net.au](mailto:sunnybank@bne.catholic.net.au)

Priests: Fr Enoch Iheme (Parish Priest)

Fr Francisco Evangelista (Associate Pastor)

### Monday 19th February

8.15am Morning Prayer  
8.30am Mass  
9.15am Parish Retreat 1  
6.00pm Parish Retreat 1

### Tuesday 20th February

8.15am Morning Prayer  
8.30am Mass  
9.15am Parish Retreat 2  
9.30am Bible Study  
6.00pm Parish Retreat 2  
7.00pm Adoration

### Wednesday 21st February

8.15am Morning Prayer  
8.30am Mass  
9.15am Parish Retreat 3  
6.00pm Parish Retreat 3

### Thursday 22nd February

*The Chair of St Peter*

7.50am Christian Meditation  
8.45am Morning Prayer  
9.00am Mass

### Friday 23rd February

6.30am Mass  
8.15am Morning Prayer  
8.30am Mass  
10.00am Legion of Mary  
6.00pm Stations of the Cross

### Saturday 24th February

10.30am Marian Way  
of the Cross  
11.00am Reconciliation  
2.30pm Charismatic Prayer  
(English)  
5.00pm Reconciliation  
6.00pm Mass

### Sunday 25th February

*Second Sunday of Lent  
Ministry Sunday*

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



Christ in the Wilderness by Ivan Kramskoi, c. 1872. Tretyakov Gallery

### First Sunday of Lent - Sunday 18th February 2024

Dear Parishioners,

We have entered the season of Lent. The Gospel of the 1st Sunday of Lent presents the scene of the temptations of Jesus. Mark, the evangelist does not elaborate on the temptation scene but cryptically mentions that it has lasted for forty days, and that the tempter has been the devil. In the wilderness Jesus had no human company, and the only company he has are the wild animals. Harsh conditions of the desert do not dampen the spirit of Jesus, for he emerges triumphant from the desert experience and initiates his public life. His mission is to establish the Kingdom of God and he announces that the time for the establishment of the Kingdom of God has already arrived. With utmost urgency **Jesus calls the people to repentance and to belief in the gospel so as to gain life in all its fullness.**



When we read the First Reading – Genesis 9:8-15, and the Gospel – Mark 1:12-15 of this Sunday together, we get the message that after a time of trial and devastation something new arises: from the catastrophic flood that has destroyed every living thing, new life emerges. **After a tiring experience in the desert Jesus lays the foundation for a new world where God's rule will prevail.**

I am happy to begin and to share some of this year's Lenten season with you. It was in November 2023 that Fr Enoch asked me to lead your 2024 Parish Mission Retreat. It seems like yesterday but I am excited to wrap up my short stay with you in such an amazing fashion. **Our parish retreat of three days can be like a 'short time capsule' of the desert experience of Jesus.** Retreat (re-treat) can be at two levels: of oneself (temporary withdrawal of oneself from the daily routine) and in relation with others (family, friends, colleagues) - the call to a more loving and respectful relationship with others. **Lent itself, is a time of going deeper into ourselves and to reflect on our relationship with God, and our neighbour.**

The theme of the retreat is the **Three Pillars of Lent: Prayer, Fasting, and Alms Giving.** If you take away the pillars of a building the building will collapse. In the same way, **lack of genuine and sincere practice of these three pillars of Lent will result in spiritual emptiness,** a spiritual dryness and perhaps a missed holy season to grow deeper in our faith journey. Of course, **on Ash Wednesday we were reminded on how to pray, fast, and give alms.** We are called to do these acts without attracting others' attention. **We are asked to conduct our Lenten observances discretely so that our God who sees all things will bless us with Grace to live authentic Christian lives.**

**I would like to invite all parishioners to attend this retreat and to pray that this retreat will yield the fruits of the Spirit.** Thank you to Fr. Enoch, Fr. Francisco and the Parish Pastoral Council for inviting me to preach the parish retreat. Please pray for me so that I may be an instrument of spiritual nourishment and growth for all who will attend the retreat.

I also take this opportunity to thank all parishioners of Our Lady of Lourdes Sunnybank for your kindness, hospitality, devotion, company, prayerful support, appreciation, and encouragement in the last seven weeks. It has been a wonderful experience for me ministering in this parish. Please continue to pray for my ministry in India. Be assured of my prayers and remembrance at the Holy Eucharist.

**Glory and Praise to You, Lord Jesus Christ. Wishing you a fruitful Lenten Season.**

fr Francis Arackal OP

Next Sunday: Second Sunday of Lent

Genesis 22:1-2, 9-13, 15-18

Romans 8:31-34

Mark 9:2-10

## First Sunday of Lent (Year B)

**First Reading: Genesis 9:8-15** After delivering Noah and his family from the flood, God establishes a Covenant with him and with every living creature. God promises never again to destroy Creation. It is a message of hope and of new beginnings through God's faithfulness.

**Second Reading: 1 Peter 3:18-22** Peter's letter reminds his community that God once rescued Noah and his family – and God will be faithful to them too in their hour of need. He is writing to support Christians who are under persecution because they refuse to take part in Roman festivals of worship. The risen Jesus will be their source of hope.

**Gospel: Mark 1:12-15** Jesus proclaims the Good News from God.

Purcell, Michele. "First Sunday of Lent - 18 February 2024." Pastoral Liturgy 54, no. 2 (2024): 1-6 .

### PARISH MISSION RETREAT: *Three Pillars of Lent*

Join us in Lent for the Parish Mission Retreat, led by fr Francis Arackal, OP. Over 3 days, we will be looking at the *Three Pillars of Lent*, as pillars of faith, hope and love.

**Date:** 19, 20 & 21 February

**Time:** 9:15am and again at 6pm

**Where:** Our Lady of Lourdes Church

All are welcome!

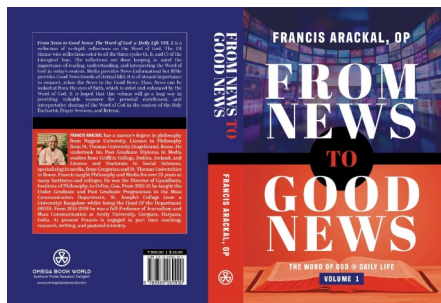


### Three Pillars of Lent

### FROM NEWS TO GOOD NEWS by fr Francis Arackal, OP

After a successful book launch last weekend, fr Francis' new book *From News To Good News* is now available for purchase from the piety stall and the parish office for \$30.

All proceeds go towards supporting the Dominican Order.



### PRAYER OPPORTUNITIES IN LENT

#### Extra Friday Morning Mass

During Lent, there will be an additional **Friday morning Mass at 6:30am**, starting on Friday 16 February.



#### Stations of the Cross

Stations of the Cross will be held weekly, beginning on **Friday 16 February at 6pm**.

#### Marian Way of the Cross

Instead of Novena, we will be having Marian Way of the Cross on **Saturday mornings from 10am**.

#### Lent Reconciliation

Reconciliation is held every **Saturday at 11am and 5pm**.

LENT  
2024 WITH...



**THE CATHOLIC GUY**  
BRUCE DOWNES

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive a short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful.

This program is FREE and you can sign up here:

<https://BruceDownes.org/Lent>

### PLEASE KEEP IN YOUR PRAYERS: SUNNYBANK CANDIDATES & CATECHUMENS

This Sunday at 3pm, the Rite of Election will be held in the Cathedral of St Stephen. During this ceremony, the catechumen's intention to be a follower of Christ and their readiness to approach the Church to receive the sacraments of initiation witnessed.

Please keep the 5 Catechumens and 3 Candidates from Sunnybank in your prayers as they continue on their faith journeys.

### CARITAS AUSTRALIA: PROJECT COMPASSION FIRST SUNDAY OF LENT



This year, Project Compassion brings you the stories of three resilient women: Ronita from the Philippines, Leaia from Samoa and Memory from Malawi. While from three different corners of the world and facing vastly different challenges, they are all united by one dream: to create a better world for all future generations.

**Please donate to Project Compassion.**

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion) or by calling 1800 024 413.

**PROJECT  
COMPASSION**  
FOR ALL FUTURE GENERATIONS



## Your Prayers Are Asked For:

recently deceased: **Alfred Gangemi, Zenon Fortozo**, Jose Fuentes

those with anniversaries & others who have died: **Pushparani Martin**, Bernard Elford, Faustinus Benny Tany, Margaret Lim Po Tching, Maria Antonia Barrientos, Romeo Perilli, Tuioti Maleta Fu'a Baice

those who are unwell: **Ana Luz Figueroa, Katherine Ortiz**, Maria Turner, Denise Burgess, Maureen Combey, Guy Bouchet, Ros Furber, Paty Romero, Alejandra Moran, Cynthia Hayden, Salvador Rodriguez

for those resting in our Columbarium: Fredrick Aisthorpe, Harold Aisthorpe, Minnie Aisthorpe, Allan Alvis, Dawn Angus, Helen Bailey, Harold "Gordon" Barker, Francesco Bonasia, Wilma Bowman, Edward Allen Briggs, Patricia Briggs, Brian Burgess, Christina Burras, Avelino Calilung, Geoffrey Chapman, Patricia Edwards, Pedro Gallibu, Fay Garner, Eric Glennon, Iris Glennon, Brian Hammerton, Anne Harman, Eddy Hartono, Antonio Henriquez, Mary Hughes, Gerard Kennedy, Bruno Klaser, Stephen King, Lucia Yeen Lim, Maria Lopez, Dino Lorenson, Noemi Lorenson, George Martyn, Maureen McDonald, Frances McKenzie, Peter McSweeney, Harry Mohr, Eusebia Morao, Gerard Murphy, Cuong Nguyen, Quy Thi Nguyen, Nghia Bao Nguyen, Michael Ogle, Marie Therese Ong, Rita Pobar, Dr Roberto Rabuya Jr, Graham Shipstone, Bill Small, Iris Small, Claribel Tungol, Anthony Van der Togt, Lily Rose Villas, Rosario Villas, Romeo Villas, Ron Vine, Elizabeth Wilson, Monica Wong, Grant Wordon, Nola Wright

the continuing sick: Denise Burgess, Anne Carroll, Lyn Catchlove, Maureen Combey, Margo Couldrey, Cathy & Mick Crust, Mary Dixon, Marie Hutchinson, Cynthia Impey, Baby Malakai, Carolyn Miller, Christopher Riley, Jim Scriha, James Scriha, Maria Turner



### LOLO MEN'S BBQ BREAKFAST

An invitation is extended to all the men of our Parish to come along and enjoy breakfast on the first Saturday of each month.

Our next breakfast will be held on **Saturday 2nd**

**March from 7am**, in the Avocado Room of Paloma Centre. A full BBQ breakfast plus tea, coffee and juices will be available for the usual **\$10 per person**.

If you would like to attend, please contact Ronnie (0400 738 811) to register.



### 2024 SACRAMENTAL PROGRAM Our Lady of Lourdes Parish, Sunnybank

#### Sacrament of Reconciliation (concluding the 2023 Program)

For those who received their First Communion last year, the Sacramental Program will conclude with the Sacrament of Reconciliation.

#### Parent Info Session:

Sunday 25th February, 1pm  
LOLO School Auditorium

If you have any questions, please email the parish office at: [pa.sunnybank@bne.catholic.net.au](mailto:pa.sunnybank@bne.catholic.net.au)

#### 2024 Sacramental Program

Children aged 8 to 10 are eligible for this year's Sacramental Program, which begins with Confirmation. Registration opens after Easter, and the Parent Information Session will be on Sunday 19 May.



### CARE FOR OUR COMMON HOME THIS LENT

"This is the time of fulfilment. The kingdom of God is at hand. Repent, and believe in the gospel." (Mark 1:15)

"Today, however, we have to realize that a true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor." (Laudato Si' 49)

**Reflect:** Consider how the Creator Spirit is calling you into the desert this Lent to deepen your capacity to hear both the cry of the earth and the cry of the poor. How can we embrace the present moment as the time of fulfilment to convert our gaze and actively contribute to the realisation of the kingdom of God in our approach to the climate crisis?

### FRANCE, PARIS & LOURDES 2024 With Fr Dan Ryan

Bookings for Fr Dan's pilgrimage to France are closing at the end of February.

If you would like more information, you can contact Harvest Journeys at on 1800 819 156 or [www.harvestjourneys.com/pv2445](http://www.harvestjourneys.com/pv2445).

There are also a few brochures at the back of the church.



### AGEING WISELY: FREE SEMINAR

The Archdiocese of Brisbane's free Ageing Wisely seminar provides advice and information on a range of pertinent matters, as a service to older parishioners.

The seminar will feature professional guest speakers and will provide information on estate planning and legal advice, retirement planning and financial advice, charitable gifts in wills and perpetual endowments, funeral planning and in-home support services.

**Date:** Tuesday 12 March

**Time:** 9:30am - 1:30pm

**Venue:** Our Lady of Lourdes,  
121 Mains Rd, Sunnybank

**RSVP:** To [sec.sunnybank@bne.catholic.net.au](mailto:sec.sunnybank@bne.catholic.net.au)  
by Thursday 7 March

Morning tea and lunch will be provided free of charge.

### 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**  
Fiona Eastgate  
lsr.sunnybank@bne.catholic.net.au

**Secretary**  
Megan Carroll  
sec.sunnybank@bne.catholic.net.au

**Accounts**  
Tam Nguyen  
accounts.sunnybank@bne.catholic.net.au

**Caring Ministry**  
care.concern.sunnybank@bne.catholic.net.au

**Unite Youth/Young Adults Coordinators**  
Abbey O'Toole & Gabby Alamo  
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

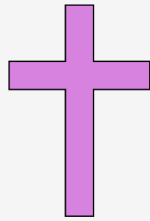
**LOL School, Sunnybank**  
Principal - Phil Manitta  
3345 0700

**LOL 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 846 644

**Centacare**  
Service Delivery Manager -  
Emma Rohde  
3323 2100



# Community



"Where two or three are gathered in my name, I am there among them"  
Matthew 18:20



**YA Welcome Party**  
18 Feb after Mass  
Avocado Room  
Please bring a plate to share and get ready for lots of fun and laughter.

## Young Adults Night



25 Feb



7:30 After Youth Mass and BBQ



Avocado Room  
Paloma

Come hang out and discuss the importance of community with other YA's.

## Last week...

Our YA attended Reclaim run by Evangelisation Brisbane and listened to Deacon Peter Pellican speak about the gospel of Mark.



Photo from Reclaim, on facebook



We kicked off our Unite Teens Nights with our highschoolers

## LENT IDEAS for KIDS

RAFTS, ACTIVITIES, VIDEOS, PRAYERS AND MORE!



SCAN HERE TO ACCESS FREE LENT RESOURCES FOR CHILDREN



## OLOL MINISTRY SUNDAY INVITATION

SCAN QR CODE TO REGISTER IN A MINISTRY

**Come serve in:**

- Weekend & Youth Mass
- Evangelisation
- Outreach
- Maintenance
- Care & Concern

### Can you give some time to the parish?

'Thanks be to God who has blessed the Sunnybank Parish with varieties of gifts and ministries. We believe that the same God activates these gifts in everyone. Listen and answer the call of the Spirit for the common good of Our Lady of Lourdes Parish. Your service is needed!'

- Fr. Enoch IHEME, Sunnybank Parish Priest

**Ministry Sunday 2024: February 24 & 25**