

Parish of Bright Bulletin

Fourth Sunday of Lent - 10th March 2024

Parish Priest: Fr Peter O’Kane

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Mass Times: Week Beginning Monday 11th March

St Patrick’s, Legamaddy	St Joseph’s, Killough
11th March Monday 10am	12th March Tuesday 10am
15th March Friday 7.30pm	13th March Wed 7.30pm
17th March Sunday 10am	16th March Saturday 10am
	16th March Sat Vigil 6.30pm

Our Lady, Star of the Sea, Rossglass
14th Thursday 10.00am

Faithful Departed

Anniversaries: Noel Kelly, Pa McMullan, Bridie Foy,
Ronnie McLean, Madge & Aileen McEvoy

Stations of the Cross

Will take place during the weeks of Lent after the Wednesday 7.30pm
Mass in St Joseph’s, Killough, and after the Friday 7.30pm Mass in St
Patrick’s, Legamaddy.

Weekly Confession

The Sacrament of Reconciliation is available after all weekday
Masses and at 6.00pm before the Saturday Vigil Mass in St Joseph’s.

Eucharistic Adoration

St Patrick’s Church, Legamaddy every Tuesday from 2.30-3.30pm.
St Joseph’s Church, Killough every Wednesday from 1.30pm-7.30pm.

Why Fasting Leads to Freedom

“At first glance, fasting from food can appear to be a difficult practice with no clear benefit. While it might help take a few pounds off, the discipline involved can be overwhelming.

However, if we are able to stay faithful to a regimen of fasting especially during Lent, the spiritual benefits are profound. In fact, you can experience a freedom you never thought possible.

One of the main reasons why fasting leads to freedom is because often we are “enslaved” to food, whether we realise it or not. Certain foods can have power over us and if we aren’t careful, we can end up indulging in habits of eating that endanger our health as well as our spiritual wellbeing.

On the other hand, when we fast from particular foods (like sweets, for example), we take control over the situation and develop the ability to say, “No!” That is a powerful ability that fasting can unlock for us, leading to a freedom we may have never experienced.

Fr. Richard Simon affirmed on one of his shows for Relevant Radio this spiritual principle: ‘Fasting is an exercise in freedom ... The purpose of it is to train your will to do God’s will. To train your will to obey the Lord. Freedom is the absolute requirement for the Christian life. And most people think that freedom is getting what they want, but they don’t understand that they don’t want what they want, it is their passions controlling them ... Fasting is to dispose you to do God’s will ... the purpose of a fast is to make you able to say no to yourself and yes to what the Lord wants. It’s an exercise in freedom.’

Spiritual writer Thomas Kempis similarly wrote about how Jesus wants us to be free to accept his will and to do that, we need to deny ourselves on occasion: ‘Let this be your whole endeavour, this your prayer, this your desire; that you may be stripped of all selfishness, and with entire simplicity follow Jesus only; may die to yourself, and live eternally to [Christ] ... Forsake yourself, resign yourself, and you shall enjoy much inward peace.’

When considering a fast, keep in mind this benefit of freedom and how denying ourselves certain foods can bring about a spiritual peace that endures. Instead of being ruled by the refrigerator, we are in control and experience true freedom over our senses.” (By Philip Kosloski)