

**Parish of Bright Bulletin**  
**Seventeenth Sunday in Ordinary Time**  
**28th July 2024**

**Parish Priest:** Fr Peter O’Kane  
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**Mass Times: Week Beginning Monday 29th July**

<i>St Patrick’s, Legamaddy</i>	<i>St Joseph’s, Killough</i>
29th July Monday 10am	30th July Tuesday 10am
2nd August Friday 7.30pm	31st July Wed 7.30pm
4th August Sunday 10am	3rd August Saturday 10am
	3rd August July Sat Vigil 6.30pm

*Our Lady, Star of the Sea, Rossglass*  
1st August Thursday 10.00

**Faithful Departed**

Anniversaries: John Arnold, Bridget Turner

**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 7.00-8.00pm.  
St Joseph’s Church, Killough every Wednesday from 1.30pm-7.30pm.

**First Saturday Fatima Devotion**

St Joseph’s Church, Killough, Saturday 3rd August: 9.15am Holy Rosary;  
9.40am Meditation on the Mysteries; 10.00am Holy Sacrifice of the Mass;  
10.40am Confessions.

**How love can be strengthened by Holy Communion**

“The Eucharist is a sacrament of love, and whenever we receive it worthily we can grow in our love of God and neighbour.

Among the many virtues that can be strengthened through frequent reception of Holy Communion, love stands out as a primary virtue that is deeply nourished by the Eucharist.

The *Catechism of the Catholic Church* explains how Holy Communion is a way to foster greater charity in our soul:

“As bodily nourishment restores lost strength, so **the Eucharist strengthens our charity**, which tends to be weakened in daily life; and this living charity wipes away venial sins. By giving himself to us **Christ revives our love** and enables us to break our disordered attachments to creatures and root ourselves in him. CCC 1394”

St. Fulgentius of Ruspe further comments on this reality, as quoted by the *Catechism*:

“Since Christ died for us out of love, when we celebrate the memorial of his death at the moment of sacrifice we ask that love may be granted to us by the coming of the Holy Spirit. We humbly pray that in the strength of this love by which Christ willed to die for us, we, by receiving the gift of the Holy Spirit, may be able to consider the world as crucified for us, and to be ourselves as crucified to the world.... Having received the gift of love, let us die to sin and live for God.”

Holy Communion unites us to Jesus, who suffered and died on the cross out of love for us.

It is fitting that when we are brought into communion with Him, we would share in that love and that Jesus would inflame within us a deeper love.

The only limitation to how much our love can grow is the amount our heart is open to God.

If we receive Holy Communion with a closed heart, or in a state of mortal sin, love will not be fostered within us.

In order to be able to receive the full effect of Holy Communion, we need to reconcile ourselves with God in the sacrament of confession.

Once we are reconciled, we then need to open wide the doors of our heart and let love flow freely, as we receive Love itself.” (By Philip Kosloski)