

Parish of Bright Bulletin
Twenty First Sunday in Ordinary Time
25th August 2024

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Mass Times: Week Beginning Monday 26th August

<i>St Patrick’s, Legamaddy</i>	<i>St Joseph’s, Killough</i>
26th August Monday 10am	27th August Tuesday 10am
30th August Friday 7.30pm	28th August Wed 7.30pm
1st September Sunday 10am	31st August Saturday 10am
	31st August Sat Vigil 6.30pm

Our Lady, Star of the Sea, Rossglass
29th August Thursday 10.00

Faithful Departed

Recently Deceased: Eamon Maginn (Tullymurry), Jean Smith (Killough)
Month’s Mind: John Trainor
Anniversaries: Mary McClean, Peggy Maskey, Harry Fagan

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.

Mass for the Sick and Infirm will take place in Bright Community Hall, Ballynoe, BT30 8AJ at 12noon on Saturday 14th September. Refreshments will be served afterwards. If you need transport please contact St Vincent de Paul: Nickey 07745 004510 or Sean 07548 647301.

Fountain Food Bank

With a fall off in contributions during the summer months and an increase in requests for help, your generosity would be much appreciated at this time. **Non-perishable** foods may be left for collection in the porch St Joseph’s, Killough before the Saturday Vigil Mass or in the porch of St Patrick’s, Legamaddy before the Sunday morning Mass. **Please do not leave** perishable goods like bread, vegetables, meat or dairy products, etc. Thank you!

Three Tips for Visiting Jesus in the Eucharist

Roman Catholic churches preserve consecrated hosts within a tabernacle. Originally this was done to keep a few extra hosts to distribute to the sick and homebound.

Then eventually this tradition took on the aim of enabling a wider devotion to Jesus, who is truly and substantially present in the Eucharistic host. Churches began to keep Jesus within the tabernacle so that the faithful could spend a time of quiet prayer before him. For this reason many churches remain open during the day to facilitate these encounters, inviting Christians to stop by and adore Jesus in the tabernacle.

Here are a few short tips on visiting Jesus in the Eucharist.

1. Plan a specific time in your schedule to visit Jesus, or it's likely you won't do it. Consider an errand that will bring you close to a church, for example, and make a mental note to stop in. It doesn't have to be for long, as even five minutes in front of Jesus can be beneficial to our soul. St. John Bosco was a major advocate of these visits, explaining how it can fortify our soul against the devil: “Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attack you? Visit Jesus rarely in the Blessed Sacrament. Do you want the devil to flee from you? Visit Jesus often. Do you want to conquer the devil? Take refuge often at the feet of Jesus. Do you want to be conquered by the devil? Forget about visiting Jesus. My dear ones, the Visit to the Blessed Sacrament is an extremely necessary way to conquer the devil. Therefore, go often to visit Jesus and the devil will not come out victorious against you.”

2. Sometimes we think that each visit to Jesus needs to be intense, full of specific prayers or spiritual reading. However, what is often more powerful is simply "sitting" with Jesus: “Contemplation is a gaze of faith, fixed on Jesus. “I look at him and he looks at me“: this is what a certain peasant of Ars (France)in the time of his holy parish priest, St John Vianney used to say while praying before the tabernacle. (CCC 2715)”

3. One of the simplest ways to make an extremely short "visit" is to make a gesture of adoration when passing a Catholic church. This can be when you are driving or walking by and don't have the time to stop inside the church. You might make the Sign of the Cross as your car passes by the church. Whenever St. Francis of Assisi caught sight of a Catholic church in the distance, he was known to kneel down and give praise to God. Often he would say the following words that he passed on to his friars: “We adore you, O Lord Jesus Christ, in this church and all the churches of the world, and we bless you, because by your holy Cross you have redeemed the world. Amen” (By Philip Kosloski)