

Parish of Bright Bulletin
Twenty Fourth Sunday in Ordinary Time
15th September 2024

Parish Priest: Fr Peter O’Kane
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Mass Times: Week Beginning Monday 16th September

<i>St Patrick’s, Legamaddy</i>	<i>St Joseph’s, Killough</i>
16th Sept Monday 10am	17th Sept Tuesday 10am
20th Sept Friday 7.30pm	18th Sept Wednesday 7.30pm
22nd Sept Sunday 10.00am	21st Sept Saturday 10.00am
	21st Sept Saturday Vigil 6.30pm

Our Lady, Star of the Sea, Rossglass
19th Sept Thursday 10.00

Faithful Departed

Anniversaries: Eileen and Johnny Burke, Maura Craig, John Rooney

Weekly Confessions

The Sacrament of Reconciliation is available: after all weekday Masses; and in St Joseph’s every Wednesday 8.00pm-8.45pm and at 6.00pm before the Saturday Vigil Mass; and in St Patrick’s every Friday 8.00pm-8.45pm.

Eucharistic Adoration

St Joseph’s, Killough every Wednesday:
1.30pm-7.30pm and after Mass 8.00pm-9.00pm.
St Patrick’s, Legamaddy every Friday:
6.30pm-7.30pm and after Mass 8.00pm-9.00pm.

Monthly Divine Mercy Holy Hour will take place in St Joseph’s, Killough this Sunday 15th September at 3.00pm

November Mass for the Deceased will take place in St Joseph’s Church, Killough on Monday 11th November at 7.30pm.

How to Go to Confession, a Step-by-Step Guide

“Going to confession for the first time in 5, 10, 20, 30 (or more) years can be daunting. We know we should do it, but there is part of us that is still reluctant or

even afraid of going back to the sacraments. Besides feelings of shame, we may simply have forgotten *how* to go to confession. For those who are hesitant to receive the mercy of God, here is a practical guide to the various steps of going to confession.

Step 1: Examine your conscience. This is the most necessary part of Confession. Before you can confess your sins you need to know them. Typically a person goes to Confession and tells the priest the sins they can remember since their last confession. If their last confession was 20 years ago, it might be rather difficult. The key is to tell the priest all mortal sins that you remember (to the best of your ability). When telling them to the priest, say the sin itself and the number of times you committed it (or at least a general estimation, like, “I didn’t go to Mass for 20 years”). When thinking of these sins remember that the priest has heard everything before. You are not going to surprise or shock him. Also, think about Confession as going to a doctor. If you don’t tell the doctor your arm hurts, he won’t be able to diagnose it and offer a cure. Similarly, if you don’t tell the priest a sin, he won’t be able to offer absolution for it and help heal that spiritual wound.

Step 2: Go into the Confessional and start your confession. Wherever Confession takes place, the priest typically will start first, saying, “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.” Then it will be your turn to talk. Since it is your first time in a while, it is best to let the priest know that, and say something like, “Father, this is my first confession in *x* amount of years. These are my sins.” Then you go ahead and start telling the priest your sins. Do your best to remember them. If you need to, write them on a piece of paper ahead of time.

Step 3: Listen to the priest’s consoling words and say your act of contrition. The priest will respond with words meant to encourage you on your journey of faith. He will then give you a specific “penance,” which could be a number of prayers (like saying 5 Our Fathers), or something related to your sins. After that he will invite you to make an *act of contrition*, a prayer expressing your sorrow for your sins. If you are worried about that then let the priest know and he will guide you through it.

Step 4: Bask in the mercy of God and say your penance

Take a while in the church to thank God for what just happened. God just wiped your sins away! They’re gone. Praise him and allow God’s peace to flood your soul. Then do whatever penance the priest gave you. Re-commit your life to Jesus Christ, and as you leave the church, start a new chapter in your life. God is always there whenever we fall. Trust in his mercy and allow his grace to permeate every aspect of your life. Plan to head to Confession again soon.”

(By Philip Kosloski)