

Parish of Bright Bulletin
Fourth Sunday of Lent
30th March 2025

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Mass Times: Week Beginning Monday 31st March

<i>St Patrick’s, Legamaddy</i>	<i>St Joseph’s, Killough</i>
31st March Monday 10am	1st April Tuesday 10am
4th April Friday 7.30pm	2nd April Wednesday 7.30pm
6th April Sunday 10am	5th April Saturday 10am
	5th April Saturday Vigil 6.30pm

Our Lady, Star of the Sea, Rossglass
3rd April Thursday 10.00

Faithful Departed

Anniversaries: Thomas McClean, Joey Laird, Oliver McStay,
Vera McCartan, Gerard Vaugh, Karl McConvey

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 from 8.00pm-9.00pm.
St Patrick’s, Legamaddy every Friday:
6.30pm-7.30pm and after Mass from 8.00pm-9.00pm.

First Saturday Fatima Devotion

St Joseph’s Church, Killough, Saturday 5th April: 9.15am Holy Rosary;
9.40am Meditation on the Mysteries; 10.00am Holy Sacrifice of the Mass;
10.40am Confessions.

Why the Eucharist should give us joy on Laetare Sunday

‘In the Roman Catholic Church, the 4th Sunday of Lent is called Laetare Sunday, or "Rejoice Sunday."

Pope Benedict XVI explained the meaning of this day in an Angelus message in 2007, saying that it is: "in Latin called *Laetare* Sunday, that is, 'Rejoice,' from the first word of the entrance antiphon in the liturgy of Mass."

He then goes on to say that it is a day to rejoice in the gift of the Eucharist: “The liturgy today invites us to rejoice because Easter, the day of Christ's victory over sin and death, is approaching. But where is the source of Christian joy to be found if not in the Eucharist, which Christ left us as spiritual Food while we are pilgrims on this earth?”

Pope Benedict continues his reflection on the Eucharist saying: "The Eucharist nurtures in believers of every epoch that deep joy which makes us one with love and peace and originates from communion with God and with our brothers and sisters."

In reality, every Sunday is a day of joy, when we rejoice in the Eucharist. However, Laetare Sunday in particular reminds us of that joy, pointing us toward the event that established the gift of the Eucharist, given to us at the Last Supper. As the Church reminds us to be joyful on the 4th Sunday of Lent, may we recall the beauty and love present in the Eucharist and rejoice in it.’
(By Philip Kosloski)

3 ways to live Lent in a Eucharistic way

- ‘1. Lent is a season that is typically focused on sacrifices, in imitation of Jesus' own sacrifices and his supreme sacrifice on the cross. We can chose to embrace this spiritual dimension of Lent and to unite our personal sacrifices to Jesus.
2. Furthermore, whenever we think of sacrifices during Lent, we often associate Jesus' sacrifices with the Mass. Many people try to attend Mass more often during the penitential 40 days of Lent, attending daily Mass in addition to Sunday Mass.
3. Pope Benedict XVI offers another way to live a Eucharistic Lent in his 2007 message: “Let us live Lent, then, as a "Eucharistic" time in which, welcoming the love of Jesus, we learn to spread it around us with every word and deed. Contemplating "him whom they have pierced" moves us in this way to open our hearts to others, recognising the wounds inflicted upon the dignity of the human person.”

The Eucharist reminds us of Jesus' love for us, which in turn should motivate us to love others in a similar way. As we progress through the season of Lent, may we not forget these three ways to live Eucharistically.’
(By Philip Kosloski)