

# Parish of Bright Bulletin

## Second Sunday of Lent - 1st March 2026

**Parish Priest:** Fr Peter O’Kane,  
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### Mass Times: Week Beginning Monday 2nd March

<u>St Patrick’s, Legamaddy</u>	<u>St Joseph’s, Killough</u>
2nd March Monday 10am	3rd March Tuesday 10am
6th March Friday 7.30pm	4th March Wednesday 7.30pm
8th March Sunday 10am	7th March Saturday 10am
	7th March Saturday Vigil 6.30pm

Our Lady, Star of the Sea, Rossglass  
5th March Thursday 10.00am

### Faithful Departed

Recently Deceased: Cathy Irvine (Downpatrick),  
Celicia Smyth (Ballyculter)  
Anniversaries: Bridie Foy, Ronnie McLean, John McClean, Anne Amos, Barney  
Graham, John Joe Graham, Rosena McLoughlin, Patsy Keenan

### 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.

### Eucharistic Adoration

St Joseph’s, Killough every Wed: 1.30pm-7.30pm & after Mass 8pm-9pm.  
St Patrick’s, Legamaddy every Friday: 6.30pm-7.30pm.

### Sunday Collection, 22nd February:

Weekly £807-40. Thank you for your generous contributions.

### First Saturday Fatima Devotion

St Joseph’s Church, Killough, Saturday 7th March: 9.15am Holy Rosary; 9.40am  
Meditation on the Mysteries; 10.00am Holy Sacrifice of the Mass; 10.40am  
Confessions.

### St Martin de Porres Magazine

The March edition is available in the CTS book stalls in our three churches priced  
£2.00.

## Lent is the perfect time to conquer our selfish desires

‘Few of us like to admit that we are selfish. We tend to keep a pearly image of  
ourselves, thinking that we really aren’t that bad of a person.

While we may not be a murderer or a thief, we likely are tempted to be prideful  
and sometimes think that our way is the best way possible.

Whatever selfish tendency we may have, Lent remains a perfect time to work on  
those lower qualities of our personality and strive to focus our attention more on  
God.

St. Leo the Great gives his reasoning in a homily as to why we need to take  
advantage of Lent as a time of personal spiritual renewal:

“For we have many encounters with our own selves: the flesh desires one thing  
against the spirit, and the spirit another thing against the flesh. And in this  
disagreement, if the desires of the body be stronger, the mind will disgracefully  
lose its proper dignity, and it will be most disastrous for that to serve which ought  
to have ruled.”

We often forget that we are a body-soul composite being, which means that what  
we do with our bodies affects our souls. If we are selfish in our desires and let  
them rule, then our soul will suffer and we will have a difficult time resisting  
temptation.

St. Leo the Great then explains that if we are able to subdue our inner passions, we  
will be able to conquer those temptations and rightly order our lives:

“But if the mind, being subject to its Ruler, and delighting in gifts from above,  
shall have trampled under foot the allurements of earthly pleasure, and shall not  
have allowed sin to reign in its mortal body, reason will maintain a well-ordered  
supremacy, and its strongholds no strategy of spiritual wickednesses will cast  
down: because man has then only true peace and true freedom when the flesh is  
ruled by the judgment of the mind, and the mind is directed by the will of God.”

He then goes on to write, "As we approach then, dearly-beloved, the beginning of  
Lent, which is a time for the more careful serving of the Lord, because we are, as  
it were, entering on a kind of contest in good works, let us prepare our souls for  
fighting with temptations, and understand that the more zealous we are for our  
salvation, the more determined must be the assaults of our opponents."

If we are to do anything during Lent, let us seek to stamp out our selfish tendencies  
by rightly ordering our lives, letting God rule over us with his loving compassion.’  
(By Philip Kosloski)