

# Parish of Bright Bulletin

## First Sunday of Lent - 22nd February 2026

**Parish Priest:** Fr Peter O’Kane,  
16 Rossglass Road, Killough, BT30 7QN  
**Tel:** 028 4484 1221  
**Email:** parishofbright@downandconnor.org  
**Website:** parishofbright.net

### Mass Times: Week Beginning Monday 23rd February

<u>St Patrick’s, Legamaddy</u>	<u>St Joseph’s, Killough</u>
23rd Feb Monday 10am	24th Feb Tuesday 10am
27th Feb Friday 7.30pm	25th Feb Wednesday 7.30pm
1st March Sunday 10am	28th Feb Saturday 10am
	28th Feb Saturday Vigil 6.30pm

Our Lady, Star of the Sea, Rossglass  
26th Feb Thursday 10.00am

### Faithful Departed

Anniversaries: Angela Power, Mark Murphy, Theresa Fagan,  
Maureen Rooney, Michael Kearney, Terry Curran, Rita Wright

### 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, 15th February:

Weekly £883-60, Sick & Retired Priests £454-90. Thank you for your  
generous contributions.

### Bright GAC ‘Big Breakfast’ Club Fund Raiser

Will take place on Sunday 22nd February from 10.00-12noon in the Bright  
Community Hall. Large breakfast £10, small breakfast £5. Everyone warmly  
welcome!

## Lent is the time to visit the Divine Physician

‘There exist numerous home remedies for the most common illnesses, but there is  
one sickness that can not be healed through our own efforts.

That sickness is the life of sin we are currently in and the many times we walk  
away from God. No matter how hard we may try to achieve inner healing through  
our own mental experiments, only God can heal us and bring us lasting peace  
through the forgiveness of sins. What we need to do is to fly to the Divine  
Physician and to show him all of our ailments.

Pope Benedict XVI reflected on this spiritual truth during an Angelus message on  
the Fourth Sunday of Lent in 2012: ‘St Augustine comments: “So far, then, as it  
lies with the physician, he has come to heal the sick. The person who will not  
observe the orders of the physician destroys himself. He has come as Saviour to  
the world... You will not be saved by him; you shall be judged of yourself”. In this  
quote, St. Augustine is explaining how Jesus, the Divine Physician, wants to heal  
us, but he can only heal us if we *want* healing.

Pope Benedict XVI continues his reflection by expanding on this reality, linking it  
to the sacrament of confession: “Therefore, if the merciful love of God (who went  
so far as to give his only Son to redeem our life) is infinite, we have a great  
responsibility: each one of us, in fact, must recognize that he is sick in order to be  
healed. Each one must confess his sin so that God’s forgiveness, already granted  
on the Cross, may have an effect in his heart and in his life.”

He further explains how, "it is only by opening oneself to the light and only by  
sincerely confessing one’s sins to God that one finds true peace and true joy. It is  
therefore important to receive the Sacrament of Penance regularly, especially  
during Lent, in order to receive the Lord’s forgiveness and to intensify our process  
of conversion.”

Sometimes it can be more convenient to ignore our sins and to hide them from  
God, or even from ourselves. We bury them deep within our soul, not letting them  
be exposed to the light of Christ. However, if we do that, we will never experience  
healing. This happens whenever we go to the doctor and don't tell him something  
that is ailing us.

Our doctor can't heal something that he doesn't know about. While it's true that the  
Divine Physician knows everything, he wants us to recognize our spiritual  
sickness and to bring it to him of our own free will.

God wants to heal us and to bring us back to spiritual health. What we need to do  
is to let him and we can do that by going to confession and opening ourselves up  
to the healing power of mercy that Jesus grants through the ministry of the priest.’

(By Philip Kosloski)