



# PARISH BULLETIN St Kieran's, the Catholic Church *in*

*Campbeltown and Islay  
Ceann Loch Chille Chiarain*

28<sup>th</sup> of January 2024

## **4<sup>th</sup> Sunday of Ordinary Time**

St. Kieran's, Campbeltown, Kintyre

**Sunday, 28<sup>th</sup> January, 4<sup>th</sup>**

***Sunday of Ordinary Time*, Holy  
Mass, 10.00am**

Monday: Holy Mass, **6.00pm**

Tuesday, Wednesday and Friday:  
Holy Mass, **10.00am**

### ***Devotions:***

*Wednesday:* Mid-morning Prayer, 9.50am

*Friday:* Adoration of the Blessed Sacrament, Mid-morning Prayer and Holy Mass,  
Procession of light and Blessing of candles, 9.30am

***Scripture Discussion: Friday:*** 10.30am

**Saturday, 3<sup>rd</sup> January, Vigil Mass, 6.00pm**

**Sunday, 4<sup>th</sup> January, 5<sup>th</sup> Sunday of Ordinary Time, Holy Mass, 10.00am**

St. Columba's Episcopal Church, Bridgend, Islay

**Sunday 4<sup>th</sup> February, Holy Mass, 4pm**



### **Hymns/Music**

**Processional (Sunday only)**

143: Firmly I believe and truly (Mayhew - Alton)

**Offertory**

243: In bread we bring you Lord (Keys)

**Communion**

Тебе пожем (We hymn thee)

**Post Communion**

62: Bind us together (Keys)

**Recessional**

147: Forth in the peace of Christ we go (Mayhew)



### ***Psalm response***

*O that today you would listen to his voice! 'Harden not your hearts.'*

### ***Gospel acclamation***

*Alleluia, alleluia!*

*The people that lived in darkness  
has seen a great light;*

*on those who dwell in the land and shadow of death  
a light has dawned.*

*Alleluia!*

## Communion Antiphon

*Let your face shine on your servant.*

*Save me in your merciful love.*

*O Lord, let me never be put to shame, for I call on you.*

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## Take Five

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*Invest just five minutes a day, and your faith will deepen and grow—a day at a time.*

### MONDAY

**29 JANUARY 2024**

#### Bring hurts to heal

The expression “inner demons” captures something of the helplessness that those in the grip of negative behaviours feel. The ancients believed that illness was due to divine punishment for sin. The remedy was to seek forgiveness or a healer who could rid you of the bad spirits. While most people nowadays don’t believe that sicknesses and personality problems are a sign of God’s wrath, there is still the need for reaching out to others for help when you cannot help yourself. Medical and other professionals, counsellors, family, friends, and especially Jesus the Healer in prayer provide that assistance.

**Today's readings:** *2 Samuel 15:13-14, 30; 16:5-13; Mark 5:1-20 “Go home to your family and announce to them all that the Lord in his pity has done for you.”*

### TUESDAY

**30 JANUARY 2024**

#### Healing takes many forms

Many stories of healing in scripture are of the miraculous variety; they’re supernatural — “above” nature — in order to focus on God’s power over everything, including natural things like illness. While it may seem such miracles are much rarer today, one of the keys to healing remains trust: in God, whether the outcome is an actual cure or the acceptance of one’s situation. Either way, suffering eases. “Grace does not destroy nature but perfects it,” wrote Saint Thomas Aquinas. Let the grace of faith bring some healing to your life.

**Today's readings:** *2 Samuel 18:9-10, 14b, 24-25a, 30-19:3; Mark 5:21-43 “Your faith has saved you. Go in peace and be cured of your affliction.”*

### WEDNESDAY: MEMORIAL OF SAINT JOHN BOSCO, PRIEST

**31 JANUARY 2024**

#### Love and support your local children

Saint John Bosco was born in Italy in 1815 into a family of farm workers. He became a priest and a teacher, devoting his life to the care and education of abandoned and neglected children. His approach was considered novel at the time: He used love instead of the threat of punishment to shape the behaviour of his students. John embraced the spirituality of Saint Francis de Sales and dedicated his work to him when he founded the Society of St. Francis de Sales (also known as the Salesians of Don Bosco). How can you support teachers and those who care for children? What are some ways you, in the spirit of John Bosco, can extend love, compassion, and respect to children, especially those most in need?

**Today's readings:** *2 Samuel 24:2, 9-17; Mark 6:1-6 “A prophet is not without honour except in his native place and among his own kin and in his own house.”*

### THURSDAY

**1 FEBRUARY 2024**

#### Courage is key

Courage is defined as both mental and moral strength. It’s rooted in the word for *heart*, and only those motivated by love can act with courage. You see that in the deeds of firefighters and social workers, soldiers and parents, teachers and healthcare workers. The courageous person forgets the cost to self in response to the needs of others. In the 16th century, Saint Paul Miki and his Jesuit and Franciscan friends promoted the gospel with a profound respect for local Buddhist beliefs. Begin every deed from the heart.

**Today's readings:** *1 Kings 2:1-4, 10-12; Mark 6:7-13 “Take courage . . . Keep the mandate of the Lord, your God, following his ways.”*

**FRIDAY: FEAST OF THE  
PRESENTATION OF THE LORD;  
WORLD DAY FOR CONSECRATED LIFE  
2 FEBRUARY 2024**

**Offer yourself back to God**

According to Jewish custom of Jesus' time, the firstborn male child belonged to God, and his parents had to "buy him back" on the 40th day after his birth by offering a sacrifice in the Temple. This tradition speaks to an important truth: You are God's first; everyone's common calling grows out of that awareness. Some realise their primary dedication to God through becoming a part of consecrated religious life, which the church celebrates today. Become aware what those in religious life are doing and why they're doing it; [vocationnetwork.org](http://vocationnetwork.org) is a good place to start. Explore how you can be involved—by encouraging another's vocation, cultivating your own, or taking advantage of the many ways of supporting a community of religious life in your area.

**Today's readings:** Hebrews 2:14-18; Luke 2:22-40 "Mary and Joseph took Jesus up to Jerusalem to present him to the Lord."

**SATURDAY: OPTIONAL MEMORIAL OF  
SAINT BLAISE, BISHOP, MARTYR  
3 FEBRUARY 2024**

**A full-throated blessing**

In the 14th century when the plague was devastating Europe, people desperate for a cure or to be spared the disease called upon the Fourteen Holy Helpers, a special group of saints whom they believed protected them from symptoms of this dreaded disease, like fevers, headaches, the deaths of animals, and in Saint Blaise's case, throat ailments. If you go to church today, chances are there will be a blessing of throats through the intercession of Blaise. While we need all the help we can get in cold and flu season, the crossed candles and the words of the blessing are more symbols of our faith in God to protect us from whatever ails us. Take advantage of this unique once-a-year custom.

**Today's readings:** 1 Kings 3:4-13; Mark 6:30-34 "As Jesus went ashore, he saw a great crowd, and he had compassion for them."

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## *Readings for the 4<sup>th</sup> Sunday of Ordinary Time*

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**Deuteronomy 18:15-20**

Moses predicts a future prophet over Israel, later known as the Teacher of Righteousness.

**Psalms 95:1-2, 6-7, 7-9**

Attentiveness to God's voice requires the softening of our hearts.

**1 Corinthians 7:32-35**

Paul gives advice about how celibacy frees the heart for whole-souled dedication to service.

**Mark 1:21-28**

Jesus reveals himself as a teacher with a rare new authority to which even demons respond.

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### *Words on the Word*

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*There is no need to be afraid to call the first perpetrator of evil by name: the Evil One. The tactic he used and uses is not to reveal himself – so that the evil he implanted at the beginning grows from man himself, from the systems and organisations themselves. . . so that man feels somehow "liberated" from sin, and at the same time, so that he becomes more and more immersed in it.*

*(John Paul II, Letter to young people from all over the world on the occasion of the International Year of Youth, March 31, 1985).*

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Unbelief is a fertile ground in which the following are abundantly born: a sense of sinlessness, greed, unhealthy ambition, belief in the unlimited possibilities of science,

magical practices, reading the future, the relativization of good and evil, or rather the proposal of life beyond good and evil. The purpose of these devilish tricks is for man to have neither the desire nor the time to seek God. Satan makes a person focus only on his own benefits, develops evil tendencies that slowly become a passion, and this can lead to possession.

It is worth paying attention to the following issues:

- to protect himself from fear and uncertainty, man resorts to rites, rituals, amulets and in this way, he comes even closer to Satan.
- fear and uncertainty occupy the soul of a person distant from God, and as the African proverb says: "fears consume souls."
- fear and everything that comes from Satan has as much power over man as he allows. As the reality of fascism or communism proves, people who submit to the ideology act instead of Satan and become satanic. Satan's actions are often used to go against God. For example, it is said: How can you believe in God when something like what happened in the Auschwitz camp happened? Yet these crimes were committed by people devoted to evil, not God.

Jesus, healing a man possessed by an evil spirit, would like to say: "Behold, the times of salvation have come. Everyone who calls on the name of the Lord will be saved; there is no Saviour other than the Son of Man."

Do we always realise how important it is that Christ rules over evil and protects us from evil?

*Hibiscus grows in the Philippines and its flowers can be of various colours, from white through yellow, orange to dark red. This plant blooms all year round, even though one flower only lives from dawn to dusk. In the same way, God's constant Love comes to us fresh every morning. Just as he (the Lord) sent manna to the children of Israel every morning, so every day he gives us his love (Homiletical Guide).*

\* \* \*

*The doubt will come  
She attacks your faith  
He will accuse God  
Where were you in my fear and uncertainty.  
Doubt will come again  
And he will say in a moment of prayer:  
It does not make sense.  
God is not listening to you!  
Doubt will make a lot of noise.  
Then repeat Jesus' words: "Be silent and depart from me."  
When your doubts are silent for a moment, you will hear the quiet knocking of Jesus:  
Say, "Come in, Jesus," and you will see a different world.  
(R. Breitenbach, *Sechs-Minuten-Predigten*).*

# Remain in My presence!



Many times and in various ways, the Lord Jesus invites us to be with Him present in the Blessed Sacrament. Published below are some of the passages addressed especially to priests, which the Lord Jesus gave to one of them. (The words of the Lord Jesus written by a Benedictine Monk were published in the book *In Sinu Jesu – When Heart Speaks to Heart – The*

*Journal of a Priest at Prayer*, Angelico Press, 2016. The book has a *Nihil obstat* and an *Imprimatur*.)

† I have called you to experience the grace of My friendship. I want you to be for My Heart another Saint John, loving Me, seeking Me, listening to Me, abiding in My presence. (January 3, 2008).

† Put me first. Put My friendship above all else. [...] I have called you to be My friend. I have revealed Myself to you as the Friend whom you have always desired, the Friend who will never mislead you, never disappoint you, never abandon you. [...]

Converse with Me. Listen to Me. Remain in My presence. Know that at every moment My eyes rest upon you. My Heart is, at every moment, ready to welcome you. I desire your presence. I want the attention of your heart. I want your friendship in response to the friendship I have offered you. [...]

I would fill each one of My priests with My merciful love, I would take each one into the shelter of My wounded side, I would give to each one the delights of My divine friendship, but so few of My priests accept what I desire to give them.

They flee from before My Face. They remain at a distance from My open Heart. They keep themselves apart from Me. Their lives are compartmentalised. They meet with Me only when duty obliges them to do so. There is no gratuitous love, no desire to be with Me for My own sake, simply because I am there in the Sacrament of My love, waiting for the companionship and friendship of those whom I have chosen and called from among millions of souls to be My priests and to be the special friends of My Sacred Heart. Would that priests understood that they are called not only to minister to souls in My Name, but even more to cling to Me, to abide in Me, to live in Me and for Me, to live by Me and no other! [...]

So many of My priests have never really heard and understood the invitation to an exclusive and all-fulfilling friendship with Me. And so, they feel alone in life. They are driven to seek out in other places and in creatures unworthy of the undivided love of their consecrated hearts.

So many go forward in bitterness and disappointment. They seek to fill the emptiness within with vain pursuits, with lust, with possessions, with food and drink. They have Me, very often,

near to them in the Sacrament of My love, and they leave Me there alone, day after day and night after night.

**Oh, how My Heart longs to raise up a company of priest adorers who will make reparation for their brother priests by abiding before My Eucharistic Face! I will pour out the treasures of My Eucharistic Heart upon them.** I want to renew the priesthood in My Church, and I will do it beginning with a few priests touched to the quick by My friendship, and drawn into the radiance of My Eucharistic Face. [...]

My Heart is full of words of light and love and comfort for My priests. How I long to converse with the priests whom I have chosen as the friends of My Heart! Speak to My priests of the gift of divine friendship that I hold in reserve for each of them. **This is the secret of priestly holiness: a life of friendship with Me, a “yes” renewed each day to the gift of divine friendship that I offer each priest in My Word and in the Sacrament and Sacrifice of My Body and Blood.**

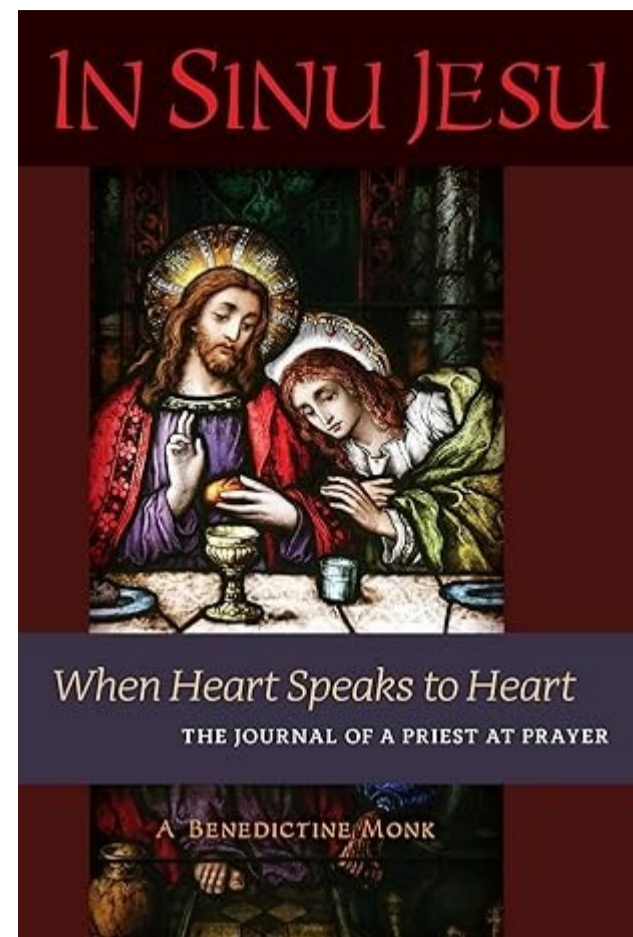
I want you to begin reading every Thursday chapters 13–17 of the Gospel of Saint John. Nourish your soul on this reading. I will make it a brightness shining in your soul. I will make it a nourishment for your spirit. I will make it a healing medicine, the antidote to all your spiritual ills and weaknesses. I spoke those words recorded there for all My disciples to the end of time, but I spoke them first of all for those whom I knew ahead of time and chose to be My priests, priests called to live in My friendship and, through Me, in the intimacy of My Father and in the light of the Holy Spirit. Begin today to read these chapters and make it a weekly practice, a way of further sanctifying Thursdays, all the Thursdays of your life, that I have asked you to consecrate to Me for the sake of all My priests, your brothers. Do this and I will enlighten you. Do this and I will instruct you. Do this and I will comfort you with a comfort that no creature can offer you.

† And from My wounded Heart there flows a ceaseless torrent of merciful love to purify souls, to strengthen, heal, sanctify, and glorify them. [...]

There is no need for My priests to go through life isolated, lonely, and friendless. I want to be the faithful companion of their days and of their nights. **I want to be their solace and their rest. I want to be their Friend, ever ready to listen to them, to welcome them, to heal them, and renew their hope.** Oh, if only they would seek Me out in those tabernacles.

Never miss an opportunity to greet Me, to adore Me, to remain with Me, even if only for a moment, in the Sacrament of My love. In eternity you will see the inestimable value of every moment spent in My Eucharistic presence (31 January, 2008).

† **I ask you only to be My friend and to live at every moment in the grace of My divine friendship.** All the rest follows. Perfection is the fruit of friendship with Me, not a precondition for it. You, and many souls like you, are confused about this. My friendship is not earned, it is not something acquired by measuring up to the standards of perfection that you have set for yourself. My friendship is pure gift. It is the gift of My Sacred Heart and I offer it freely. So few souls understand this. You are sanctified by living in My friendship. All the rest is secondary. **Love Me and believe in My unconditional love for you.** Trust Me. Show Me that you have



confidence in My merciful goodness, especially when you experience weakness, or shame, or fear, and I will renew the grace of My love in your heart. I will uphold you with the gift of My unfailing presence. I am the Friend who will never forsake you. Let that be enough for you.

A Benedictine Monk. *In Sinu Jesu: When Heart Speaks to Heart--The Journal of a Priest at Prayer*. Angelico Press. 2016.

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## *Carrying the Light of the world*



Forty days after Christmas, on February 2<sup>nd</sup>, the Church solemnly commemorates the presentation of baby Jesus in the temple. Although traditionally it was customary to call this day the feast of Our Lady of Candlemas, the most important figure in this event is the Messiah, the Son of God.

On this day, during the liturgy, the candles that we bring to church are blessed. They are kept lit during the introductory rites, until the prayer before the first reading, then during the Gospel.

This same candle should be lit at most important events of our religious life. We can also light it every year at Easter from the Paschal Candle – a symbol of the Risen Christ, who is the Light of the world. It will also be lit at our deathbed. It is a sign that we belong to God and as His children we can hope to live with Him in eternity.

### **Carrying Jesus**

The custom of blessing candles was already around in the Middle Ages. However, until recently, it was lit on all Marian feasts, placed next to the image of the Theotokos, and houses and neighbourhoods were blessed using it. Maybe this custom still survives here and there in Europe?

It was Mary who carried Jesus to the temple to offer Him to God, as required by Jewish law. This was done in memory of the rescue of the firstborn children of Israel on the night before their exodus from Egypt. She also needed, according to the same law, to perform a rite of propitiatory purification after giving birth.

### **A lit candle**



As always, however, Mary remains in the shadow of her Son. For He, having been brought to the temple, is revealed to humanity. It is in Him that Anna and Simeon see the Messiah, who explicitly calls Him a light for the enlightenment of the Gentiles and the glory of Israel (cf. Lk 2:32). The commemoration of this event was already solemnly celebrated in the ancient Church, carrying a light in the procession as a symbol of Christ.

So, when lighting the candle, let's remember Who its light symbolises. Let's also carry Christ, following the example of Mary, the "Candlemas" candle (as tradition would have it), testifying to Him with our actions, wherever we go every day.

“In honour of the divine mystery that we celebrate today, let us all hasten to meet Christ. Everyone should be eager to join the procession and to carry a light.

Our lighted candles are a sign of the divine splendour of the one who comes to expel the dark shadows of evil and to make the whole universe radiant with the brilliance of his eternal light. Our candles also show how bright our souls should be when we go to meet Christ.

The Mother of God, the most pure Virgin, carried the true light in her arms and brought him to those who lay in darkness. We too should carry a light for all to see and reflect the radiance of the true light as we hasten to meet him."

"Through Simeon's eyes we too have seen the salvation of God which he prepared for all the nations and revealed as the glory of the new Israel, which is ourselves. As Simeon was released from the bonds of this life when he had seen Christ, so we too were at once freed from our old state of sinfulness.

By faith we too embraced Christ, the salvation of God the Father, as he came to us from Bethlehem. Gentiles before, we have now become the people of God. Our eyes have seen God incarnate, and because we have seen him present among us and have mentally received him into our arms, we are called the new Israel. Never shall we forget this presence; every year we keep a feast in his honour."

*The quotes above come from a sermon for the Day of the Presentation of the Lord by Saint Sophronius, Patriarch of Jerusalem, who lived at the turn of the 6th and 7th centuries, proposed for this day in the Office of Readings for the Liturgy of the Hours.*

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## Prayer



**Please pray for those who are sick, in need or have asked for our prayers:**

Tommy McGrory snr, Lilian Cox, Sarah Carmichael, Ailsa Stewart, Meg Douglas (Mull), and Doleen Durnin.

**Please remember in your prayers James Campbell (1999), Maura Cooper (2016) and all whose anniversaries occur at this time.**

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## News and Events

**Tea and coffee** in the hall after Sunday Mass. Our visitors are most welcome to join us. Please do come.

**Blessing of candles:** Candles will be blessed before the procession of light into the church for Holy Mass on the Feast of the Presentation of the Lord (Friday, 2 February). You are encouraged to bring your own candle to be blessed and taken home (see the article above).

**Church heating:** last winter we were fortunate for the energy supplier to still be committed to contracts which protected us from rises in energy costs. However, these contracts have come to an end and this winter energy costs have gone up. The heating of the church is the greatest single expense.

While some economy can be made by slight adjustments to ECO settings and timing for the central heating, it would not be desirable to make the church too uncomfortable due to a lack of heating. Another economy that can be made is to have tea and coffee in the kitchen again until Spring. All the other groups who use the hall now meet in the kitchen. And so, there will also be a weekly 'second collection' box in the church specifically for the increase in energy costs.



[campbeltown@rcdai.org.uk](mailto:campbeltown@rcdai.org.uk)



[www.stkieranscampbeltown.org](http://www.stkieranscampbeltown.org)



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Parish Priest: Fr. A. Wood, St. Kieran's, Campbeltown; Tel. 01586 552160