



# Kilbrittain Parish Weekly Bulletin

No 281

3<sup>rd</sup> March 2019

## 8<sup>th</sup> Sunday in Ordinary Time

### Ash Wednesday

Next Wednesday. Ash Wednesday is a Day of Fast and Abstinence. Mass with blessing and distribution of ashes at 9.00 am and 8.00 pm. There will also be a special Mass with ashes for Kilbrittain National School in the church at 10.30 am. This Mass is also, of course, open to everybody else.

### Masses This Week

Mon 9:00 am.  
Tue: No Mass.  
Ash Wed 9.00 am, 10.30 am and 8.00 pm  
Thurs and Friday 9.00 am  
Sat 10.00 am.

### Children's Mass

Monthly Child catechesis during Mass next Sunday, March 10<sup>th</sup>.

### Stations of the Cross

Each Sunday night during Lent, beginning next Sunday, 10<sup>th</sup> March, at 8.00 pm.

### Eucharistic Adoration

'The Church and the world have a great need of Eucharistic Adoration. Jesus waits for us in this Sacrament of Love.' *St John Paul II*  
Adorers encouraged to join our rota. Monday 9.00 am to 1.00 pm and Wednesday 2.00 to 8.00 pm.

### KILBRITTAIN GAA

**Lotto 06 -14 - 21 - 26.**  
There was no winner of the €4,200 Jackpot. Winners of €30: Nigel Quinlan, Noel & Stephanie Butler, Nigel Quinlan, Nina & Aja Healy, Catherine O'Mahony. Next week's jackpot is €4,400. Please support!

### Anam Cara Parent Evening

Anam Cara Cork, the organisation that supports bereaved parents, is holding a Parent Evening on Wednesday 6<sup>th</sup> March at 7:20pm in the Clayton Hotel, Silver Springs, Tivoli, Cork. This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their

death, or whether their death was recent or not.

### Church Cleaning Group

Volunteers are invited to go on the rota. Each team of three are on a week's duty only three times a year or so, with extra help at Christmas and Easter, and we'd like to make sure that we have fresh input to avoid asking a heavier commitment from present volunteers.

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### The Nature of Fasting.

Humanity's "Fall" away from God and into sin began with eating. God had proclaimed a fast from the fruit of only one tree, the tree of knowledge of good and evil, and Adam and Eve broke it. Fasting is here connected with the very mystery of life and death, of salvation and damnation. The whole world was given to man as a kind of food, as a means to life, but "life" is meant as communion with God, not as food. The tragedy is not so much that Adam ate food, but that he ate the food for its own sake, "apart" from God and to be independent of Him. Believing that food had life in itself and thus he could be "like God." And he put his faith in food. This kind of existence seems to be built on the principle that man does indeed live "by bread alone."

Christ, however, is the new Adam. At the beginning of his ministry in the Gospel of Matthew, we read, "When He had fasted 40 days and 40 nights, He became hungry." Hunger is that state in which we realize our dependence on something else—when we face the ultimate question: "on what does my life depend?" Satan tempted both Adam and Christ, saying: Eat, for your hunger is proof that you depend entirely on food, that your life is in food. Adam believed and ate. Christ said, "Man does NOT live by bread alone." This liberates us

from total dependence on food, on matter, on the world. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. And because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight" and "effort" is an essential aspect of fasting.

Christian tradition can name at least seven reasons for fasting:

1. From the beginning, God commanded some fasting, and sin entered into the world because Adam and Eve broke the fast.
2. For the Christian, fasting is ultimately about fasting from sin.
3. Fasting reveals our dependence on God and not the resources of this world.
4. Fasting is an ancient way of preparing for the Eucharist — the truest of foods.
5. Fasting is preparation for baptism (and all the sacraments) — for the reception of grace.
6. Fasting is a means of saving resources to give to the poor.
7. Fasting is a means of self-discipline, chastity, and the restraining of the appetites.

<http://www.usccb.org/>

### ST PATRICK'S CHURCH, KILBRITTAIN

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BAPTISMS:  
Sat and 11.30 Sun or by arrangement.

EUCCHARISTIC ADORATION:  
Mon 9 to 1; Wed 2 to 8

Items for the Bulletin can be given or emailed to Denis and Margaret Collins:  
[killeenskilbrittain@yahoo.ie](mailto:killeenskilbrittain@yahoo.ie)  
or to Fr Cremin: [mail@frcremin.com](mailto:mail@frcremin.com).  
Deadline for receipt of submissions each week is Thurs night 9.00 pm.  
Weekly Bulletin and archive since 2013 online at <http://www.kilbrittain.org>