

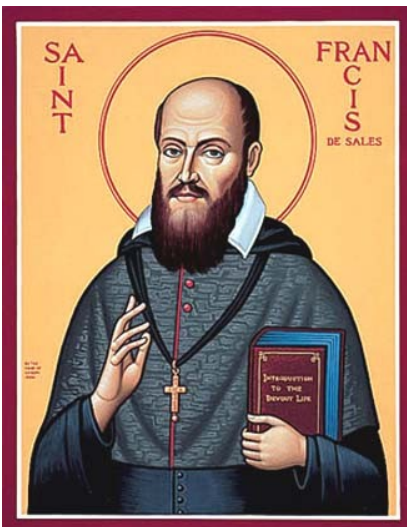
SAINT BRIDE'S PARISH, EAST KILBRIDE

Bulletin for the Second Sunday
of the Ordinary Season - 18th January 2026

A SPOONFUL OF HONEY...A BARRELFUL OF VINEGAR

Although not as well-known as his namesakes Saint Francis of Assisi and Saint Francis Xavier, Saint Francis De Sales, whose feast day falls this coming Saturday, made a valuable contribution during a turbulent period in its history. He was an eminently pastorally minded bishop, an encouraging Spiritual Director, an insightful author and gifted preacher.

Born into a noble family in 1567, in the Savoy region of Eastern France, he was the eldest of twelve children. Benefiting from a fine education in some of the best schools, he followed his father's wishes and gained a double Doctorate in Civil and Canon (Church) Law at the University of Padua, one of the oldest in Europe. All the while, God was awakening a vocation to the Priesthood in his heart, and probably in a state of tension with his father, who wanted him to follow an alternative path, he was ordained in 1593. As a priest De Sales soon distinguished himself as a fine preacher and through his service of the poor.



The fiery brand of Protestantism called Calvinism (named after its founder John Calvin, who had a major influence in Scotland through the reforms of one of his disciples, John Knox) dominated the east of France and Switzerland. Since the Reformation began, the Catholic Diocese of Geneva had to move its headquarters to Annecy, northwest of Geneva, because it was a Calvinist stronghold.

Seeing great numbers leaving the Church for Calvinism, Francis volunteered to re-evangelise the area, by presenting the Catholic Faith in a new way. He had to struggle against many doors which were shut firmly in his face, not to mention snowy weather, bouts of hunger, nights spent in the open, ambushes, insults and even threats to his life. His new method was to use

the printing press to publish leaflets, which he placed underneath the doors of people's homes, and posters, which he displayed in prominent public places. They presented the basics of the Catholic Faith in simple, concise language. His desire was to win back as many believers as possible to the Catholic Church.

In 1602, he was appointed Bishop of Geneva but could not take possession of his Cathedral because of strong opposition. Based in Annecy, Francis spent himself, without reserve, and through his perseverance, and his mild manner, he enjoyed much success.

While preaching at Dijon, during Lent 1604, Francis noticed a widow, the Baroness Jane Frances de Chantal, listening very attentively to his sermon. After the service he spoke to her. Jane asked Francis to be her Spiritual Director. At first, he was hesitant, but Jane was on a path to deep holiness, and, in directing her, Francis was compelled to deepen his own spirituality too. From the close spiritual friendship that grew between them, and the spiritual direction he gave her, sprung his two famous books: the *Introduction to the Devout Life*, in which he follows an important principle: the call to holiness is not only for contemplative monks or nuns, it is for everyone, including those who live and work in the world, through doing the ordinary things extraordinarily well.

In his *Treatise on the Love of God*, he says that the key to love of God is prayer. For people who lead busy lives, he recommended finding time every day for a period of quiet and simply to talk to God in their own words. The test of prayer, he stated, is a person's actions. He famously said "To be an angel in prayer and a beast in one's relations with other people, is very unworthy and pains God." The worst sins, he believed, were gossip and judging other people: even if we think we do it out of love, we are actually doing it to make ourselves look better, he said. And we should be as gentle and forgiving with ourselves just as we ought to be with others. The two books instant best sellers!

Francis de Sales died on the 28th of December 1622 in Lyon, at the age of fifty-two. Because of his writings and his idea of distributing of pamphlets which promoted the faith, Francis de Sales was named patron saint of journalists. In fact, every year since 1967, on his feast day, the Pope issues a Message in preparation for Communications Sunday, the Seventh Sunday of the Easter Season.

Among Francis de Sales famous sayings are the following:

"More good is done by a spoonful of honey than by a barrellful of vinegar".

"Have patience with all things but chiefly have patience with yourself."

"Nothing is so strong as gentleness; nothing so gentle as real strength."

Father McGachey

CHILDREN'S LITURGY - PREPARATION FOR FIRST COMMUNION

This Sunday, the 18th of January, we will begin our 4-week programme of Preparation for Primary 4 children of Saint Kenneth's who will be making their First Communion later this year. This will take place in the Main area of the Parish Hall and will start at 9:15am each week. The children will come back to the Church at 10am. Our usual Children's Liturgy will take place at 9.30am as normal.

SUNDAY 1st OF FEBRUARY - FEAST OF OUR PATRONESS, SAINT BRIDE, AND THE SUNDAY NEAREST THE FEAST OF PRESENTATION

As well as marking in a special way at each of the Masses this weekend, the Feast of Saint Bride, our parish patroness, Sunday the 1st of February is the Sunday nearest the Feast of the Presentation in the Temple - see below. We will bless candles for use in our homes at each of the Sunday Masses. These candles, modestly priced, may be purchased, if so desired, to be used in our homes. Every Catholic home should have two blessed candles - a custom of our faith.



MONDAY 2nd FEBRUARY - FEAST OF THE PRESENTATION OF OUR LORD IN THE TEMPLE

The fortieth day after Christmas and the commemoration of how the infant Jesus was presented by Mary and Joseph, in the Temple in Jerusalem, and met by the elderly Simeon and Anna. For centuries, it has been the day for blessing the candles used in the Church; it is sometimes called Candlemas Day. At the 10am Mass today, we will bless candles for use in the Church over the coming year, followed by a candlelight procession around the Church and sung Mass, with organ and incense. Please join us, if you can, for this beautiful Feast.

200 CLUB - This week's winner is Frank McCabe. Please collect your cheque from the sacristy.

FEAST OF SAINT BLAISE

Saint Blaise was a bishop and martyr who, for many centuries, has been the patron Saint of those with ailments of the throat. We know that Blaise lived in Armenia and was arrested for his Christian faith. While in prison, a woman came with her young son who had a fish bone fixed in his throat. At Blaise's command, the child was able to cough up the bone. He was martyred in 316. By the year 800, the custom of blessing throats, using the blessed candles from the previous day's feast (see above), spread across Europe. The traditional Blessing of Throats will be given at the end of Masses on the weekend of the 31st of January and 1st of February at 4.30pm and 9.30am and 11.30am Mass, as well as on his feast on the 3rd February. The blessing can be received more than once.



SINCERE THANKS AND FABRIC MATTERS

Sincere thanks to the group of around forty parishioners, who stayed to help take down the Crib and the Christmas Trees in the Church on Monday morning. The job was done efficiently within an hour. I am very grateful for your help. God reward you!

There was considerable water ingress above the Tabernacle last weekend. Apparently, the flashing around the plate glass window above the area had worn away. It was repaired on Wednesday and hopefully the problem has been solved.

Someone had inadvertently switched off the outside lights around the Hall and the ramp area some time ago. We have now discovered that these are controlled from the Hall. They are daylight sensitive and should switch on automatically. Apologies for any inconvenience. In a similar way, someone had switched off the lights around the Piazza and Chapel House. We have now discovered where these lights are controlled from. They are not daylight sensitive and have to be controlled manually. We must remember to switch them on. If they are not on, please tell us and we will put them on.

Twice this past week I have come into the Church from funerals around 12noon, to discover that all the lights, and some of the heaters, in the Church had been left on from the end of the 10am Mass. Please help us to reduce these costs by keeping a careful eye on their use, and switching them off when not in use, or coming to remind us that they have been left on.

Father Martin is offering to come and bless your home in January. To make an arrangement, speak to him after Mass, or email him (see over). I hope to resume my visits of the Sick of the Parish this week after shaking off a chest infection.

STUDIO 32

Will be performing on Friday 6th of February in the Church Hall to raise funds for *The Peter Gough Foundation*. Doors open 7pm with access to the Bar/raffles etc. Performance will start at 7.30pm. Tickets are £10 and can be purchased from Sharon Greig on 07799 167108 or after 9.30am Sunday Mass. Thank you for your support.

LOAVES AND FISHES FOODBANK

Our next collection will be on the weekend of the 24th and 25th January. No Food stuffs, please. Cash donations and food vouchers, please, to buy fresh produce for our clients, can be made in the boxes at both entrances to the Church. Thank you in anticipation.

SAINT BRIDE'S PARISH

CLERGY Rev. Dr. Francis G. McGachey, *Parish Priest*
Rev. Colm E. Martin, *Assistant Priest, High School and Hospital Chaplain*
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HALL BOOKINGS Contact Mrs Annemarie McMillan hall@sbek.org
BULLETIN NOTICES Contact Fr. McGachey or Fr. Martin or bulletin@sbek.org
ST VINCENT DE PAUL CONTACT NUMBER 07712 903732

PARISH SCHEDULE

HOLY MASS - Sundays: Vigil 4.30pm, 9.30am with Children's Liturgy and 11.30am
CONFESSIONS - Saturday 4pm-4.20pm and after the Vigil Mass
ADORATION OF THE BLESSED SACRAMENT - Monday-Friday at 9.15am
HOLY ROSARY - Monday-Saturday at 9.30am
HOLY MASS - Monday to Friday 10am
NOVENA TO OUR LADY OF THE MIRACULOUS MEDAL - on Tuesdays after Mass
NOVENA TO SAINT MONICA - on Thursdays after Mass
THE CHURCH IS OPEN - Monday-Sunday 9am-4pm

PLEASE REMEMBER THE FOLLOWING PEOPLE IN YOUR PRAYERS

THOSE WHO ARE UNWELL - Monica McShane, Mary Easton, Mary Connor (Canada), Margaret Rose McMahon, Richard O'Donnell, Owen O'Donnell, Jean Lafferty, Mary O'Brien, Margaret Murphy, Brian Ewing, Alan MacDonald, Jan Milligan, Catherine McLean, Nessie McFadyen, Noreen Lockhart, Patricia Carey, Anne McDowell, Paul McCartney, Kevin McCann, Gayle Cochran, Merisa Todd, James McLean, Elizabeth Kyle, Thomas Quinn, Chris McElroy, Danny McCash, Theresa Tierney, Paul Ellis, Colette Roxburgh, John Paul Quinn, Lizann O'Hare, Susan and Robin Topping, Arthur Connor (Canada), Thomas Finnigan (Prestwick), George Kelman, Linda Simi, Ann Marie Kane. Rosemary Maley, Peter Friel, Molly and Robert Ward, Noreen Lockhart, John Convery, Neil McCready, Michael Conroy.

RECENTLY DEAD - Margaret Hannigan, Roger Kennedy, John Saroli, John Fagan, Hugh Burns, Frank Reid, Augustine McDermott, Julian Kennedy, Thomas Wales, Margaret Smithson.

ANNIVERSARIES, MONTHS MINDS AND BIRTHDAY REMEMBRANCES - Charles McGlynn, Andrew Lorimer, Mary Lorimer, Gerry Buchanan, Jo Maule, Hugh McCallion, Jackie O'Malley Maguire (London), Mary McGinelly, Eric Mountjoy, Archie Campbell, Josefina Gonzalez Flecha, Matilde Fraile Gomez, Gerard O'Neill

FUNERALS

Roger Kennedy - Requiem Mass, Monday 19th January, 10am.

John Saroli - Requiem Mass, Tuesday 27th January, 10am.

Edward Seix - Requiem Mass, Wednesday 4th February, 10am.

WEEKLY OFFERINGS

Sunday 11th January - E3005 You the Parish or take out a Standing can be made by Bank Transfer, the Brides Parish 10246966 and 80-12-code. It will take you to a secure can Giftaid your offering - the parish the basis of the donation you give.



may wish to make a one-off donation to Order in favour of the Parish. Offerings details of which are as follows: St 97 or by scanning the adjacent QR web page. If you pay Income Tax, you will receive a further 25 percent on