



SAINT BRIDE'S PARISH, EAST KILBRIDE

Bulletin for the Fourth Sunday of Lent (Laetare)

- 15th March 2026

THE SAINT WHO ALWAYS SLEEPS WELL...

Each one of us will have our own memories of Pope Francis and his Pontificate. One of my memories of his time as Pope was his devotion to Saint Joseph - he spoke often of his special love for the Saint. In fact, the Inaugural Mass of his Pontificate, was on the Solemnity of Saint Joseph, the 19th March 2014. Moreover, he asked that Saint Joseph's name be inserted in each of the Eucharistic Prayers used at Mass, after the name of the Blessed Virgin Mary.

Famously on his desk, in the small apartment he occupied in the Casa Santa Marta Residence in the Vatican City, was a statue of the *Sleeping Saint Joseph* - pictured.



During an Apostolic Visit to the Philippines in 2015, he said that Saint Joseph was his favourite saint: "I have great love for Saint Joseph, because he is a man of silence and strength. On my table I have an image of Saint Joseph sleeping. Even when he is asleep, he is taking care of the Church!"

He spoke again about Saint Joseph while addressing Superiors General of Religious Congregations: "If

there's a problem, I write a note to Saint Joseph and put it under a statue that I have in my room. It is the statue of Saint Joseph sleeping. And now he sleeps on a mattress of notes! That's why I sleep well." During the same discourse, he claimed to have had: "a very special experience of profound peace since I was elected. It does not abandon me. I live in peace. I cannot explain."

Continuing to speak about the Foster-father of Jesus, the Pontiff said: "The Scriptures seldom speak of Saint Joseph, but when they do, we often find him resting, as an angel reveals God's will to him in his dreams...". Saint Joseph experienced four different dreams in Saint Matthew's Gospel: he is told by an angel to continue with his plan to marry Mary, even though she has been found with child; after the birth of Jesus, Saint Joseph is warned in a dream to flee with his family to Egypt; while in Egypt, Joseph is told in a dream to return to Israel and then in another dream is told to go to Galilee instead of Judea.

Pope Francis continued: "In each moment of our rest in the Lord, as we pause from our many daily obligations and activities, God speaks to us. Do not forget Saint Joseph who sleeps! Remember Jesus slept sweetly under the protection of Saint Joseph."

Since the Holy Father spoke about this pious custom, tens of thousands of statues of the Sleeping Saint Joseph have been made. In our Church today, you will find a large version of a statue of the Sleeping Saint that was gifted to me when I was Parish Priest in Carfin by a regular visitor there. I have blessed several smaller versions of these statues that parishioners have bought from the Stall; I know there are others on order from our

suppliers. If you would like one, then please let Frances or Marie know, or simply write your name on the sheet at the Stall. I would imagine that the statues they will arrive in time for Easter. A more enduring present than a chocolate egg; and a wonderful gift for someone who has everything! Father McGachey

TODAY IS LAETARE SUNDAY

The Fourth Sunday of Lent marks the half-way point in the Season. In the past, this Sunday was known as *Laetare* Sunday. Why?

In the Roman Missal, each Mass has an Entrance Antiphon - this is a sentence or two, taken mostly from the Scriptures, which can be sung or recited at the beginning of the Eucharist. At Saint Bride's we replace the Antiphon with a hymn. In days gone by people gave a title to each Sunday's Mass based on the first word in Latin of the day's Antiphon. Today's Antiphon (pictured in its format in the *Liber Usualis* or book of Latin chants) is taken from the 66th chapter of Isaiah: "Rejoice, Jerusalem! Come together all you who love her!" In Latin, 'laetare' is a verb which means 'rejoice'; hence today was called *Laetare* Sunday.



The reason for the joyful tone was given by Pope Innocent III, in 1216, when he stated that the faithful needed lifted so as "not to break under the severe strain of Lenten penances, but bear them with a refreshed and easier heart." The joyful theme is evident in the prayers of the Mass, and it is underlined further by two customs: the celebrant may replace the royal purple vestments with rose-coloured ones; and, pink roses may be used to decorate the sanctuary area of the church - both things we have done at Saint Bride's.

MOTHERING SUNDAY



In Britain, the Fourth Sunday of Lent each year is also 'Mothering Sunday' Why? From the time of the Middle Ages many young people worked away from home as apprentices and servants. The Fourth Sunday in Lent was one of the few days in the year when employers would give their workforce the day off so that they could return to their 'mother church' - the place where they were baptised or grew up.

As they walked along the hedgerows, they would gather bunches of Spring flowers to place at the Lady Altar in their parish church. The Lady altar in our Church is specially decorated today - Mary, is our heavenly mother: spend a minute before her altar to honour her and perhaps to light a candle, and pray for your own mother, be she alive or dead.

The young servants and apprentices were also allowed to visit their mothers, bringing with them gifts, usually flowers, and a Simnel Cake (from the Latin *similia* meaning 'fine flour'). This was a fruit cake, covered in marzipan; around the top of the cake there would be eleven marzipan balls representing the eleven 'good' Apostles. These cakes are on sale in some supermarkets today. The Fourth Sunday of Lent then is an opportunity to honour and pray for our mothers. It is also an opportunity to relax, for one day at least, from our Lenten penances, and celebrate the fact that Easter is almost here. Father McGachey

TUESDAY IS THE FEAST OF SAINT PATRICK



He was an influential Saint who fifteen hundred years ago, brought Christianity to Ireland. It may surprise people to learn that the scholars are agreed that he was born in the British Isles about 385. He was carried off, while still young, during a raid by the Irish and sold as a slave. At the end of six years, he escaped to Europe, became a monk and was ordained. He then returned to Ireland to preach the Gospel. During the thirty years that his missionary labours continued, he founded many churches and monasteries; including the See of Armagh. Patrick died in 461. Saint Patrick is a saint that many of us hold dear because of our Irish roots. We will have a special sung Festal Mass on the 17th March at 10am with organ and incense.

THURSDAY IS THE SOLEMNITY OF SAINT JOSEPH



The Church celebrates the Solemnity Saint Joseph, the husband of the Mary and the foster-father of Jesus. Most of our information about him comes from the opening two chapters of Matthew's Gospel. No words of his are recorded - he was the "quiet" man. We find no devotion to Saint Joseph in the early Church, but he was venerated by the great saints of the Middle Ages. Pope Pius IX (1870) declared him patron and protector of the universal family of the Church. At 9.40am there will be a special service of Prayers and Intercessions before the stained-glass window of Saint Joseph, in honour of this great Wonder-Worker and Powerful Intercessor. Holy Mass with organ and Incense at 10am.



NEXT SUNDAY IS SCIAF SUNDAY

Next Sunday, the Fifth Sunday of Lent, is Scottish Catholic International Aid Fund (SCIAF) Sunday. There will be a retiring collection to support the work they do on our behalf. Please give generously as you always do.

A SPECIAL HOLY HOUR FOR PEACE IN THE MIDDLE EAST - NEXT MONDAY 23RD MARCH

Given the worsening situation in the Middle East, the Diocesan Justice and Peace Group have asked us to host a Holy Hour to pray for peace, on Monday 23rd March, beginning at 7pm. The prayer time will incorporate some of the elements from our Monday night Devotions to Our Lady - the Torchlight Procession and recitation of the Rosary, with Benediction of the Blessed Sacrament. Please join us in praying for this important intention.



CAN YOU HELP, PLEASE...? THE BIG CLEAN FOR EASTER

Could you spare a couple of hours on the Wednesday of Holy Week to help us clean the Church for the Easter Triduum. If you can, we would love to see you! It may be an idea to bring your own bucket since there does not seem to be enough to go round. Cloths and suitable detergents will be provided. My sincere thanks to the small group of ladies who keep the Church spick and span all year round for all their hard work.



PRAYER



FASTING



ALMSGIVING

THE SEASON OF LENT AT SAINT BRIDE'S

MONDAY TO FRIDAY - Holy Mass at 7am

MONDAY-FRIDAY - Stations of the Cross 9.30am

MONDAY-SATURDAY - Holy Mass 10am

MONDAYS, WEDNESDAYS AND FRIDAYS - Mass at 12.30pm in the Saint Andrew's and Saint Bride's HS

TUESDAYS AND THURSDAYS - Mass at 1.20pm in Saint Andrew's and Saint Bride's HS
Everyone is welcome to attend these Masses in the High School

MONDAYS OF LENT - Devotions in honour of Our Lady: with Torchlight Procession, prayerful recitation of the Rosary and Benediction of the Blessed Sacrament at 7pm

TUESDAY AND WEDNESDAYS OF LENT - Evening Prayer at Our Lady's Altar at 7pm

CONFESSIONS - Saturdays 9.30am to 9.50am, after Mass. 4-4.20pm, and after Vigil Mass

STALL

A selection of Easter Cards and Easter Mass Bouquet Cards are available from the Stall at the back of the Church. There is also a new selection of statues, including the Sleeping Saint Joseph and Our Lady, Untier of Knots, Fridge Magnets, large and small candles etc. Please have a look! If there is anything you would like and do not see, please speak to Marie or Frances. Copies of 'My day by day' for the Easter Season are on sale priced £1.00 each. There are a few more copies of Dr Anne McDowall's book on Saint Kateri Tekakawitha. Also, on sale are copies of a new publication called *The Great Adventure - a Journey through the Bible*, a Bible timeline chart, with dates, people and events from Bible History. Place all monies in the wall-box marked 'Stall'. Please have a look!

NEW PUBLICATIONS

A brand-new selection of *Catholic Truth Society* pamphlets arrived at the end of last week. They cover topics like: the Lives of the Saints, Fatih, Morals, Church History and Prayer. They are on sale on the wall-mounted stand under the choir loft. The price of each publication is displayed on the back cover.

HOLY WEEK WORSHIP SCHEDULE

A specially printed Holy Week Schedule will be distributed with next weekend's Bulletin.

LEGION OF MARY - ACCIES MASS

Saturday 21st March, in Our Lady of Lourdes, East Kilbride. Rosary 11.30am and Holy Mass at 12noon.

READERS FOR HOLY WEEK AND THE TRIDUUM

Copies of the new translation of the Passion for Palm Sunday and Good Friday, will be available from the Sacristy next weekend. If you are reading on either of these days, it is important to familiarise yourself with the new translation and new layout of the new publications beforehand. They are quite changed in comparison with the old version.

GIFT AID - CAN YOU HELP THE PARISH?

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We are almost at the end of the Financial Year, and those of you who use collection envelopes have just about finished your booklets. New envelopes will be delivered to your homes over the next couple of weeks

I would encourage you to think seriously about joining the Giftaid Scheme. It costs you absolutely nothing - the only qualification is that you pay Income Tax. This is a very important source of income for the parish, since for every pound you contribute to the collection, we can claim 25p from the Government. Money for nothing! Last year we earned almost £25,000 from your contributions.

Forms will be available next weekend for those who would like to sign-up.

200 CLUB

This week's 200 CLUB winner is Mark Guidi. Please collect your cheque from the Sacristy.

COFFEE MORNING

A mini raffle will take place at this Thursday's coffee morning. Please come along. All welcome.

PARISH NEWS, FABRIC AND FINANCE

A new carpet fitted on the plinth in front of Our Lady's altar in the next fortnight. The existing carpet was damaged by water several years ago. The number of servers has grown over the past three years to fifteen. Thank you to those who gave very generous donations to help us buy new servers' robes. The donations have also allowed us to buy some new Vestments for Holy Week - most of these have arrived but there are still a few items to come, and a couple of things we still have to buy. The repair to the roof above the tabernacle had been holding-up well until last week. But further repairs are needed. The cost of the work done so far has been £350. We had a leak in the roof of the Chapel House this past week. This problem has now been resolved. A new bench for Sister Sheila's Garden will arrive next week. The Celtic cross will be refurbished when the weather is a better.

Heating and electricity bills for the three parish properties for February arrived last week. Combined they amounted to £2,842. This is higher because of the extra Lenten services. We received notification last Thursday about the amount of money we will have to pay the Diocese for our monthly levy (26% of the collections) between 15th April and 15th November - £50,424 or £6,303 per month. This is £500 more per month than last year and £19,000 more than it was three years ago. This is because our income has gone up considerably.

We have approached several new people to help as Extraordinary Ministers of the Eucharist at Mass. We still have a few more to ask. A short training session will take place shortly. We have six candidates - four of them under 30 years of age - being received into the Church at the Easter Vigil. Please remember them in your prayers. We have secured a

professional Trumpeter to play with Elaine Trower (organist) and James McShane (cantor) at the Easter Triduum again this year. The trumpet was a glorious embellishment last year; we are confident it will be again.

The garden and ramp walls on Plathorn Drive should be cleaned by Easter and new ornamental topiary shrubbery will then be placed there and in the Piazza area. We have been making enquiries into having the sanctuary floor, especially the around the wall area, professionally cleaned - there is considerable cement residue in some areas, and a white substance called Efflorescence on some of the brickwork. I hope to update you on this very soon.

Sincere thanks for the excellent support you give to your parish, both spiritual and material. It is much appreciated.

PLEASE REMEMBER THE FOLLOWING PEOPLE IN YOUR PRAYERS

THOSE WHO ARE UNWELL - Monica McShane, Mary Easton, Margaret Rose McMahan, 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 Cochrean, Merisa Todd, James McLean, Elizabeth Kyle, Thomas Quinn, Chris McElroy, Danny McCash, Theresa Tierney, Colette Roxburgh, John Paul Quinn, Thomas Finnigan (Prestwick), George Kelman, Ann Marie Kane, Rosemary Maley, Peter Friel, Molly and Robert Ward, Noreen Lockhart, Neil McCready, Michael Conroy, Paul Tollan, Fiona Jane Anderson, Lindsay Sweeney, Robert Ward, Margaret Boyle, Kenneth McEwan, Simon Loftus, Rosie Maher Law, Susan and Ryan Topping.

RECENTLY DEAD - William Gallacher, Michael John Convery, Pauline McPheely. Christina Reilly. Wendy Elizabeth kay, Margaret Kerr, William Gill, Margaret Johnston.

ANNIVERSARIES, MONTHS MINDS AND BIRTHDAY REMEMBRANCES - Madge Reilly, Terry Cassidy, Patricia Williamson, Mary and John Proctor, Agnes and Bert Johnston, Rosemary McKenzie, Elizabeth Anne Docherty, Anna Mulligan, Luisa Faccenda, Alberto Faccenda, Libbano Simi, Sheila and Chris Torrance, Edward Garry.

FUNERALS

Pauline McPheely - Reception Sunday 22nd March 6pm. Requiem Mass, Monday 23rd March 10am.

Christina Reilly - Reception Monday 23rd March 5.30pm. Requiem Mass, Tuesday 24th March 10am.

WEEKLY OFFERINGS

Sunday 8th March - £3,065, donation to the Parish or take Parish. Offerings can be made which are as follows: St 97 or by scanning the to a secure web page. If you your offering - the parish will the basis of the donation you



You may wish to make a one-off out a Standing Order in favour of the by Bank Transfer, the details of Brides Parish 10246966 and 80-12-adjacent QR code. It will take you pay Income Tax, you can Giftaid receive a further 25 percent on give.