



ST PETER IN CHAINS ■ ARDROSSAN ST BRIDE'S ■ WEST KILBRIDE

"Meeting people where they are - leading them to where God calls them to be!"



Parish Bulletin ■ Fifth Sunday of Lent ■ 22nd March 2026

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Ardrossan, KA22 8DU

St. Bride's Church
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PARISH WEBSITES

www.saintpeterinchains.co.uk
www.stbrideschurch.co.uk

ST VINCENT DE PAUL SOCIETY

07825 726904 (Ardrossan)
07586 433032 (West Kilbride)
07379 400568 (Saltcoats)
07498 501326 (Stevenston)

SACRAMENT OF RECONCILIATION

St. Peter in Chains: Saturday between
4.45pm - 5.15pm
and by request.
St. Bride's: By request.

HOSPITAL CHAPLAINS

Crosshouse: Fr Stephen McGrattan
crosshousehospital@gallowaydiocese.org.uk
01563 521832 ext:2
Ayr: Fr. Benjamin Mkeri
ayrhospital@gallowaydiocese.org.uk
01655 882145

MARRIAGE, FAMILIE AND LIFE OFFICE

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What is the point of Fasting?



Why do we fast? Fasting during Lent is not about getting more love and attention from God. Fasting is about self-mastery, discernment, sacrifice, and being a co-redeemer with Jesus. Let's dive deeper into these four reasons, helping you make the most of our fasting this Lent. Four reasons for fasting.

First reason: To grow in self mastery. What is this? Ability to say 'yes' and 'no'. Can we say 'no' to our senses and our appetites? What does this make us if we can't so 'no' - we become slaves. Jesus came to set us free through his passion and resurrection. To be able to say 'no' to passion and also legitimate pleasures. This means we are truly free. We do this through fasting.

Second reason: Obedience and discernment. There are only two official days when we have to fast in the whole year: Ash Wednesday and Good Friday. When we fast, we are allowing the Church to tell us what to do on these days - this is obedience. Fasting is oriented to discernment. We need someone to guide us. Fasting opens us up to the guidance of the Holy Spirit in our lives.

Third reason: Sacrifice. Fasting is a sacrifice that is always orientated towards worship. It isn't about us - it is definitely not about losing weight, etc. - all worship of God includes sacrifice. We offer up the small and big sacrifices of fasting for someone else for our loved ones, for our families and also for love of God. Through genuine fasting we show a real solidarity with those who have nothing.

Fourth reason: We are co-redeemers with Jesus. In our own bodies, we make a real and positive contribution to Christ's work of redemption. So that we can experience the ability to redeem the world with Jesus, he allows us a share in his cross. We are called to unite all our suffering to the cross of Jesus for the salvation of the world. Fasting in Lent is when we give up a good thing for the sake of a better thing.



*St. Peter in Chains
and St. Bride's,
are Parishes in the
RC Diocese of
Galloway.
Scottish Charity
Registration
SC010576*

Liturgy of the Week - Fifth Week of Lent

ST PETER IN CHAINS <i>Father Duncan McVicar Canon Matt McManus Sister Ursula, Sister Anna</i>	ST PETER'S MASS INTENTIONS <i>RD = Recently Died, A = Anniversary, T = Thanksgiving; SI = Special Intention</i>	ST BRIDE'S <i>Fr Duncan McVicar Fr Gerry Hamill</i>	ST MARY'S <i>Canon Martin Poland Canon Matt McManus Sister Ursula, Sister Anna</i>	ST JOHN'S <i>Canon Martin Poland Canon Matt McManus Sister Ursula, Sister Anna</i>
SATURDAY, 21ST MARCH Saturday Vigil Mass at 5.30pm	<i>Clare McIlhatton (RD) Mary Moran (RD) Christopher McManus (A)</i>		Holy Mass at 4.30pm	
SUNDAY, 22ND MARCH Fifth Sunday of Lent (A) Holy Mass at 10.30am	<i>For all the deceased members of our Parish of St Peter's</i>	Mass at 12.15pm <i>For all the deceased members of our Parish of St Bride's</i>	Holy Mass at 10am	Holy Mass at 11.30am
MONDAY, 23RD MARCH Fifth Week of Lent Rosary at 9.30am Holy Mass at 10am	<i>Upton and Collins Families (SI) Anne Gault (RD)</i>			Funeral Mass at 10am for Elizabeth Evans
TUESDAY, 24TH MARCH Fifth Week of Lent Stations of the Cross 9.30am Holy Mass at 10am	<i>Gerry Quirk (SI) Theresa Quirk (A)</i>		Holy Mass at 10am	Prayers of Reception at 5.30pm for Jean Monaghan
WEDNESDAY, 25TH MARCH Annunciation of our Lord Rosary at 9.30am Holy Mass at 10am	<i>Elizabeth Evans (RD) Annmarie Dickie (A)</i>			Funeral Mass at 10am for Jean Monaghan
THURSDAY, 26TH MARCH Fifth Week of Lent Rosary at 9.30am Holy Mass at 10am	<i>Peter Coughlan (A) Susan Lindsay (RD)</i>		Holy Mass at 10am	
FRIDAY, 27TH MARCH Fifth Week of Lent Rosary at 9.30am Holy Mass at 10am Benediction at 10.30am <i>[Afterwards refreshments]</i>	<i>For Peace in the world</i>			Holy Mass at 10am
SATURDAY, 28TH MARCH Palm Sunday (A) Vigil Mass at 5.30pm	<i>Ian Sudlow (RD)</i>		Holy Mass at 4.30pm	



SOLEMNITY OF THE ANNUNCIATION ON WEDNESDAY

Together with Jesus, the privileged and graced Mary is the link between heaven and earth. She is the human being who best, after Jesus, exemplifies the possibilities of human existence. She received into her lowliness the infinite love of God. She shows how an ordinary human being can reflect God in the ordinary circumstances of life. She exemplifies what the Church and every member of the Church is meant to become. She is the ultimate product of the creative and redemptive power of God. She manifests what the Incarnation is meant to accomplish for all of us.



PLEASE REMEMBER IN YOUR PRAYERS THIS WEEK

Jim McEwan, Peter Brawley, Margaret Hanna, Monica Taylor, Father John Sweeney, Catherine Dalton, Derek MacLaren, Louise Milligan.

AND FOR THOSE WHO HAVE DIED RECENTLY
Jan Miller

THOSE WHO HAVE DIED AT THIS TIME OF YEAR

Anne McLaren 2022, John Pentleton 2014, Hugh Conway 1976, Pamela Devine 2020, Sister Immanuel CP 2002, Terence McCarroll 1967, Patrick McDermott 1973, Agnes McLaren 1994, May McParland 2016, Cathie Slimman 2021, Isabella Connor 1959, Jessie Horn 2024, James McBreen 2024, James and Ellen McCarroll 1977, Williamina McCulloch 2025, Jane Kerber 2015, John McLaughlin 2020, Lilian Pattison, Brenda Simons 2008, Don Foley, Felix Gallagher 2010, Alie Khan 1954, Anna Bates 1997, Terry McCabe 2005, Moira Rafferty, Rebecca Walsh 2008, The Crew of HMS Dasher 1943, Sheila Love 2017, Gerald McGhee 2008, Devlin McIndoe 1992, Allister Nesbit 2000, Cathie Quinn 2015, Seamus Reilly senior 2020.

▪ **Why Do We Commemorate Holy Week?**

Holy Week honours the week that changed the world. From Palm Sunday through Easter Sunday, there were many events that are vital to our faith, including the Institution of the Eucharist, the Passion of Jesus, and His Resurrection from the dead. Why do we call it Good Friday? It is called "Good" because through the horrific Passion and Death of Our Lord, He brought about mankind's greatest good—our redemption and the possibility of eternal life with the Holy Trinity. When did Jesus die on Good Friday? He died at the "Ninth Hour," which equates to 3 PM as we measure time. In the Divine Mercy Devotion given by Our Lord to St. Faustina it is called the Hour of Mercy. How old was Jesus when He died? No one knows exactly how old Jesus was when he died on the cross, but He is said to have been about 33 years of age. Luke tells us Jesus was about thirty years old when he began his public ministry (Luke 3:23) and was in ministry for three years.



▪ **Legion of Mary Meeting**

The Acies of the Legion of Mary will take place on Sunday 22nd March 2026 at 3pm in St Winin's Church, Kilwinning. All are welcome. Contact 07895 584969 regarding attendance for catering purposes.

▪ **Divine Mercy Celebration**

The Divine Mercy Prayer Group at St Paul's Parish, Hurlford, has asked that parishes be informed of their Divine Mercy Celebrations on Sunday 12th April. Their celebration will begin at 2pm in St Paul's Church, Hurlford. Mass will be celebrated at 4pm. Tea/Coffee will be available in the hall following Mass. A warm welcome is extended to anyone who wishes to attend.

▪ **Coach for the Chrism Mass at the Cathedral**

We have booked the coach for the Chrism Mass on Tuesday 31st March. The Coach will be leaving St Peter's at 5.45pm; St Mary's 6pm and St John's 6.15pm, we are asking for £5/person to help towards the cost of this. There will be list for names at the back of the Church.

▪ **Parish Meeting at St Peter's for Restoration Update**

A date for your diary. We are holding an open meeting in the St Peter's Parish Centre on Sunday, 12th April 2026 at 11:30am (after the Sunday Mass) to bring everyone up to speed regarding the restoration of the Church building. All welcome!

▪ **The Stations of the Cross during Lent**

Do you know how to pray the Stations of the Cross? It's a great way to grow closer to Jesus, especially during the Lenten season! Tradition holds that after Christ's Death and Resurrection, the Blessed Mother retraced Jesus'

last day every day. Every Tuesday morning in Lent at 9.30pm at St Peter's and every Friday at St Bride's, except when there is a Requiem Mass.

▪ **Village Larder Collection - St Bride's**

The SSVF will have a Village Larder Collection from Sunday 1st March to Monday 6th April. All groceries welcome. Please check the sell-by dates.

▪ **Lent Penance Services for your Diary**

Monday, 23rd March at St Mary's Irvine at 7pm | Tuesday, 24th March at St Peter in Chains Ardrossan at 7pm | Wednesday, 25th March at St Mary's Saltcoats at 2pm | and also Thursday, 26th March at St John's Stevenston at 7pm. *Please mark the dates in your diary!*



▪ **Sacrament of Baptism**

We welcome into the Family of the Church Leo Charles Razimbaud, who will be baptised this Saturday. Congratulations to his parents and the Godparents.

▪ **Donation in Memory of Mary Moran**

The Parish Lourdes Group are grateful to the Family for their kind donation of £552 from the collection taken up at the Late Mary Moran's funeral.



A bartender notices that every evening, without fail, one of his patrons orders three beers. After several weeks of noticing this pattern, the bartender asks the man why he always orders three beers. The man says, "I have two brothers who have moved away to different countries. We promised each other that we would always order an extra two beers whenever we drank as a way of keeping up the family bond." Several weeks later, noticing that the man only ordered two beers, the bartender said, "Please accept my condolences on the death of one of your brothers. You know, the two beers and all..." The man replied, "You'll be happy to hear that my two brothers are alive and well... It's just that I, myself, have decided to give up drinking for Lent."

"Did you hear about the actor falling through the floorboards?

He was just going through a stage."

→ **St Peter's Parish Stewardship** ←
 Offertry for 15th March: £716.35
 SCIAF Collection for 15th March: £562.82

→ **St Bride's Parish Stewardship** ←
 Offertry for 15th March: £177.00

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