

# Parish of Bangor, Member of Ards Pastoral Community

Parish Priest: Very Rev Joseph Gunn St Comgall's Presbytery, 27 Brunswick Road, Bangor, Co Down, BT20 3DS  
T: (028) 9146-5522 E: bangor@downandconnor.org W: [www.bangorparish.com](http://www.bangorparish.com) Office Hours: Mon-Fri 9.30pm to 1pm.

## 28<sup>th</sup> Sunday in Ordinary Time – 11 October 2020

### MASS NEXT WEEK:

WEDNESDAY 14<sup>th</sup> & THURSDAY 15<sup>th</sup> OCTOBER at 10am  
**NO ONLINE REGISTRATION NEEDED.**

**in St Comgall's Church, Brunswick Road**

SATURDAY VIGIL 17<sup>th</sup> October at 6.30pm &  
**SUNDAY 18<sup>th</sup> October at 10am & 12.30pm**  
**online registration required.**

When registering please specify which Mass  
you would like to attend.

*[You will be contacted by text when you have been allocated your seat(s),  
please allow 48hours, Mon-Fri.]*

**BOOKING BEFORE MONDAY IS RECOMMENDED.**

PLEASE REGISTER USING THE CONTACT FORM [click below]

<https://www.bangorparish.com/re-opening-of-bangor-parish-for-public-mass/>

Dear Parishioner,

It is a great pleasure to see rising numbers of you applying for Mass. Unfortunately this means that some must be refused. However if those who are retired would attend the Weekday Mass **only** this will allow space for families with working parents to attend at the weekend.

The obvious difficulty with which we are struggling is how to arrange for the access of the greatest number of parishioners to Mass and the handing on of the faith which is done through family and Sacrament. I request your co-operation and understanding as we try to encourage the faith development of the children and families in our parish.

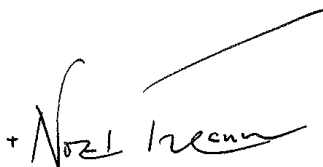
I remind you that the Mass is Podcast Daily from this Parish except in exceptional circumstances. In this month of October we invoke the intercession of Our Lady to help us to find and exploit new avenues of reaching out in faith to all our parishioners.

It is impossible to adequately thank the devoted band of Stewards and cleaners who willingly give of their time to the tedious task of cleaning the Church after every Mass, Funeral and Baptism. However on my own behalf and that of the Parish of Bangor I can only say a sincere thank you. Fr J Gunn

### Safeguarding Sunday

This year, as Bishop of the Diocese, I have designated **Sunday 25<sup>th</sup> October** as 'Safeguarding Sunday'. This will be an opportunity for all the parishes to pray together and acknowledge the dedication of hundreds of Volunteers in our parishes who serve in the ministry of Safeguarding across the Diocese. During the celebration of the Sunday liturgy we will also renew our commitment to the pastoral care of victims of abuse of every kind as well as young people and adults in our parishes. On **Sunday 25<sup>th</sup> October, 7pm**, parishioners are invited to join online the celebration of Evening Prayer, led by Bishop Noel Treanor, from St. Peter's Cathedral, Belfast. To join, kindly follow the links to the Cathedral webcam:

<http://www.churchservices.tv/stpeterscat>



+ Noel Treanor

Your prayers are requested for  
**Recently Deceased:**



Gerard McLarnon (USA)

**Anniversaries:**

Liam McDonnell, Patrick McDonagh, Mary Sweeney, Leslie Jennings, Rosaleen McCormick, Lily Prior, Frances Doherty, Kathleen McDonagh, Josephine & Raymond Mooney, Terence Milligan, Mick McArdle, Mary McArdle, Kathleen Ward, Joan Gilmore-Hillis, Michael Maguire, Irene Kennedy, Joe Jackson, Colum McGrattan, Sean McKenna, Hugh McPoland.

**Bethany Bereavement Support Group**

we are here to support and listen.  
Confidential. **075 1085 2157**

**St Vincent de Paul**

**Helpline 077 0367 9384**

**Saint Vincent de Paul Ballyholme and Donaghadee** are selling

washable face masks to raise much need funds. The masks have 3 layers and are available in child's, adults and large sizes from the Centra, Donaghadee Road/Windmill Road junction and from the porch at 20 Deanfield, Bangor, for a donation.

**5 page bulletin** this weekend includes the readings for Mass.

### Bangor Parish Podcast

Fr Gunn offers Mass daily in the oratory of the Parochial House and podcasts it on the parish website. You can listen to the Parish podcasts by clicking on the audio files on the website or by searching for "**Parish Of Bangor Podcast**" in the apple or google podcast apps. You can download these apps from [Apple App Store](#) or [Google Play](#). If you use these apps please '**subscribe**' to our channel so you receive all the latest podcasts straight to your phone or tablet.



**Podcast audio Mass is available on the parish website**

[www.bangorparish.com](http://www.bangorparish.com)  
(Daily) **by 11.00am.** [Sat vigil] **by 7pm.**

**SACRAMENTAL PREPARATION 1<sup>st</sup> Penance & Holy Communion Classes – will be starting on...  
CLASSES**

**SUNDAY 18TH OCTOBER**

1<sup>st</sup> Penance & Holy Communion.

Venue: **Zoom.**

**They will be virtual classes to begin. Please email your mobile number along with your name and child's name, primary school.**

**Confirmation Class date to be confirmed.**

**Please register your interest by contacting the parish office by email. [bangor@downandconnor.org](mailto:bangor@downandconnor.org)**

**List of Directions for attending Mass in line with the Government Guidelines.**

1. Enter through the main doors of the Church only.
2. Exit through the doors at the Baptismal Font only. If you are unable to use the steps please wait in your seat until the majority of people have left and the Stewards will direct you out.
3. There will be hand-sanitisers on entering the Church in the foyer and the steward will confirm your seat number and direct you to your seat(s). Families / households are seated together – (2 metre rule) please respect social distancing as you enter the Church. There will be a time for prayer after Mass so reverence on exiting will permit personal silent prayer.
4. Confession will be offered after all Masses.
5. Envelope collections or donations can be given to one of the stewards when entering or leaving.
6. A mask must be worn at all times within the Church.
7. Distribution of Holy Communion will be given directly to you at your seat. You will receive Holy Communion on the hand only. The host will be placed on your hands. The Priest will sanitise his hands before distribution of Holy Communion and will wear a face mask.
8. When Mass is over please remain in your seats until the Stewards direct you to leave one row at a time. Please keep 2 metres distance as you leave the Church and please move quickly once outside to the carpark to allow others to safely exit the Church.
9. The parish secretary will be in the parish office from Monday to Friday 9.30am to 1.00pm. Those who have no access to the online registration can telephone and book in for Mass with Jacinta.

**We are all in a new way of attending Mass to ensure the safety of everyone coming to Mass.  
We will continue to keep you informed as and when the regulations change.  
The most important thing is that everyone feels safe.**

**THE PARISH CENTRE IS CLOSED to groups** until further notice due to social distancing as recommended by the Diocese of Down and Connor, which is following the government's advice.

If you would like your deceased family & friends to be prayed for please email your names to the parish office: E: [bangor@downandconnor.org](mailto:bangor@downandconnor.org)  
all names will then be mentioned on the weekly Sunday bulletin.

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**PRIVATE PRAYER** will take place before public Mass in St Comgall's Church.

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**BAPTISM REGISTRATION**  
Baptisms will be starting back mid to late September and the team is working on how best to support the parents. Please register online under '**Sacramental Preparation**'

**FULL COPY OF MISSALETTE ON THE WEBSITE**  
on the Slider or found in 'NEWS'

As you will have noticed we have refreshed our website and have given some new prayer resources: Look under **The Parish Today**

- Daily Mass – uploaded by 11am.
- **NEW RESOURCES ONLINE... October 2020**  
Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanna.
- Family Creative Prayer.

**Prayer Online:** Come and join us at... [www.soulparemission.com](http://www.soulparemission.com) Who are we? We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director living in Down and Connor. What's on offer? A variety of PDF meditations on Mother Teresa, St John Paul II, Ignatius Spirituality to name but a few. Lots of content to Dive into. There you will find - Podcasts on Faith, Friendship & Knowledge; Rosaries, Prayers and Marian Consecration. Come and join us and be part of the prayer movement online!

Archbishop Eamonn Martin is asking families to pray the Rosary together for the month of October in what is called the **Family Rosary Crusade**.

On Saturday October 10th, the **Hail Holy Queen Conference** will be Live & Exclusive on Radio Maria Ireland, beginning with the Rosary from 12.30pm. Guest speakers include Dana, Marino Restrepo, Fr Damian Polly, Fr Ruairi O'Domhnaill, Fr Marius O'Reilly and more.

**St Vincent de Paul (SVP)** -The Society is continuing to help those in need who seek our assistance, albeit on reduced resources due to lower attendance at parish masses as a result of the Coronavirus pandemic. Many thanks to those Parishioners who have donated to date. If you are in a position to assist us financially, donations can be made in a number of ways:

- **SVP collection buckets** will be available at the back of the church to enable people attending masses to contribute. Cash or cheques are acceptable and special envelopes will also be available giving details of the various ways in which you can contribute;
- Via St Vincent de Paul **website** ( [svp.ie](http://svp.ie) ) - follow the on-screen instructions and when prompted indicate which Conference your donation is for: St Comgalls Bangor or Most Holy Redeemer Ballyholme.
- Payment can be made directly to the **Conferences' Bank Accounts**. The Allied Irish Bank Sort Code for both accounts is 93-82-03. The St Comgalls A/C No is 25302098 and the Most Holy Redeemer Ballyholme A/C No. is 06885061. For account reconciliation purposes, please provide a note of your name where indicated.
- For parishioners who are able to commit to making regular donations to the Society, a **standing order** form is attached to the bulletin for you to print out and sign at home. Completed standing order forms should be placed in the collection buckets, or given to any member of the Society or left at the parochial house in an envelope addressed to SVP. Standing order forms will also be available at the back of the church at mass times.
- If you are a taxpayer and tick the **Gift Aid** section of the standing order form (or if your donation is placed in a Gift Aid envelope) SVP will receive an additional 25% from the Government.

For parishioners who are able to commit to making regular donations to the Society, a **standing order** form is included on the parish website for you to print out and sign at home. See link - <https://www.bangorparish.com/2020/10/st-vincent-de-paul-donations/> Completed standing order forms should be placed in the collection buckets, or given to any member of the Society or left at the parochial house in an envelope addressed to SVP. Standing order forms will also be available at the back of the church at mass times.

Without your ongoing support we would not be able to help the many people in our community who need our assistance during these difficult times. Donations of good quality furniture and clothing are suspended temporarily. Storehouse continues to provide SVP with non-perishable food. Donations of foodstuff can continue to be made to Storehouse at their premises at 12 Balloo Avenue, Bangor on Mondays and Thursdays between 10.00am to 3.00 pm. Cash donations are also very acceptable.

#### Thursday 22 October

"Hope in a Time of Pandemic": Lecture by Dr Sr Gemma Simmonds CJ, theologian and spiritual director. Hosted by Drumalis **via Zoom at 7:00pm** on First Lecture in the Elizabeth Prout Bicentenary Series. Suggested Donation: £10. For further details or to book a place, please contact Drumalis – 028 28276455/28272196 (during office hours Mon-Fri, 9 am - 5 pm) or email [drumalis@btconnect.com](mailto:drumalis@btconnect.com)

**Dromantine Retreat Centre November 2020**  
**'BROKEN OPEN':** How difficult times can help us grow  
Fr. Hugh Lagan SMA 2<sup>nd</sup> Nov (9.30am) – 3<sup>rd</sup> Nov (5.00pm) This workshop will explore the potential for discovering courage, compassion and wisdom even in the most painful of life circumstances. Full cost £115 or €125  
**'Loss and Recovery'** Fr. Jim Cogley 14<sup>th</sup> Nov (9.30am – 5.00pm) This seminar will explore loss in its many facets and how it is also an invitation to wholeness. "While the heart grieves for what it has lost, the Spirit dances for that which it has found." Full cost £35

#### What are you looking for? *Come and See! RCIA!*

- ***if you feel you would like to explore and enquire into the catholic faith with a view possibly of baptism...***
- ***if you feel you would like to explore and enquire into what it is Catholics believe ...***
- ***if you feel you need to get a deeper understanding of your catholic faith...***
- ***if you feel a need to return to celebrating your faith...***

**Encounter** the presence of the Spirit of God in our weekly meetings. **How?** Spend an hour and half each Thursday evening exploring the Catholic Faith  
**When?**  
Programme commences 15th October 2020 **Where**  
St Mary's 25 Marquis Street, Belfast BT1 1JJ



**Secure your place!**

Email: [rcia@downandconnor.org](mailto:rcia@downandconnor.org) or contact Fionnuala Tel 07702073895

**Prayers of Intercession** which you might like to use for private meditation can be accessed on the following link, which will bring you directly to the relevant page on the vocations.ie website.

<https://vocations.ie/2020/08/04/parish-vocation-resources-for-august-2020/>

**HAIRCUT FOR HABITAT**

After over six months Fr Raymond McCullagh (Chaplain at Ulster University, Coleraine) is shedding his lockdown locks to unlock the door to a better future for families in Ethiopia. All funds raised will help build houses as part of a special Habitat for Humanity Global Village partnership with Ethiopia. If you would like to support this appeal, please use the link below. Your donations will help build hope and safe homes for those most vulnerable in our Covid-19 world. Ameseginalahu! (Thank you in Ethiopian language - Amharic)

<https://habitatni.enthuse.com/pf/raymond-haircut-for-habitat>

**TRÓCAIRE** thank you for your help. You can donate in the following ways:

1. Online at [www.trocaire.org](http://www.trocaire.org).
2. By phone: 0800 912 1200 (NI)
3. By post to Trócaire, 10 King Street, Belfast, BT1 6AD (NI), please count the amount you have collected indicating the parish you are connected to by writing on the back of the cheque D&C Bangor Parish.
4. Post your cheque through the post box at the parochial house with your Name, Address and Tel No. and we will send to Trocaire. This virus knows no borders, but neither does our compassion.

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***Helpers Needed***

*St. Comgall's Brigins and Guides* Please note the Parish Centre is still not open for parish groups for the foreseeable future. St. Comgalls Guide Unit is planning on returning. If you have thought of helping out in the community and can spare 2 hours a week we are looking for some helpers to help out with our girls aged 6-14 yrs on Thursday evening from 6.30-8pm. If you want a few hours of fun, friendship, contribute to this community and so much more contact Yvonne for more information on 07851144222 or email [stcomgallsguideunit@gmail.com](mailto:stcomgallsguideunit@gmail.com)

**Knock Shrine offers virtual pilgrimages in unique times**

This year, as we find ourselves in unique and challenging times, pilgrimage Masses will be broadcast online from Knock Basilica every Sunday at 3pm. Each weekend, there will be a special welcome for the pilgrimage groups that traditionally travel to our National Marian Shrine for their own celebrations. Pilgrims are welcome to join the afternoon ceremonies from their homes. The schedule for the afternoon will include the praying of the Rosary at 2.30pm, followed by Mass and Benediction at 3pm. The celebrant will be Fr. Richard Gibbons, PP, Rector at Knock Shrine. Daily Masses continue to be broadcast on the Knock Shrine website and Facebook page at 12 Noon and 7.30pm, with Rosary at 7pm. **SUNDAY MASS IS BROADCAST AT 12 NOON**, ROSARY AT 2.30PM and MASS AT 3PM. For further details, please see [www.knockshrine.ie](http://www.knockshrine.ie)

**CALENDAR OF SAINTS DAYS**

**OCTOBER 2020**

|                                                                                                                                                  |                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <b>Wednesday 14<sup>th</sup> October</b><br><b>The DEDICATION OF ST PETER'S CATHEDRAL</b>                                                        | <b>Saturday 24<sup>th</sup> October</b><br>Saint Anthony Mary Claret, Bishop   |
| <b>Thursday 15<sup>th</sup> October</b><br><b>Saint Teresa of Avila, Virgin &amp; Doctor of the Church</b>                                       | <b>Sunday 25<sup>th</sup> October</b><br>30 <sup>th</sup> Sunday of the Year   |
| <b>Friday 16<sup>th</sup> October</b><br><b>Saint Gall, Abbot</b>                                                                                | <b>Tuesday 27<sup>th</sup> October</b><br>Saint Otteran, Monk                  |
| <b>Saturday 17<sup>th</sup> October</b><br><b>Saint Ignatius of Antioch, Bishop &amp; Martyr.</b>                                                | <b>Wednesday 28<sup>th</sup> October</b><br>Saints, Simon & Jude, Apostles     |
| <b>Sunday 18<sup>th</sup> October</b><br><b>MISSION SUNDAY</b>                                                                                   | <b>Thursday 29<sup>th</sup> October</b><br>Saint Colman, Bishop                |
| <b>Monday 19<sup>th</sup> October</b><br><b>Saints, John de Brebeuf, Isaac Jogues &amp; Companions</b><br><b>Saint Paul of the Cross, Priest</b> | <b>Saturday 31<sup>st</sup> October</b><br>Memorial of the Blessed Virgin Mary |
| <b>Friday 23<sup>rd</sup> October</b><br><b>The DEDICATION OF THE LOCAL CHURCH</b>                                                               |                                                                                |



## 28<sup>th</sup> Sunday in Ordinary Time,

11 October 2020

**Penitential Act:** I confess to the almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

### Gloria

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

### Gloria

*Gloria in excelsis Deo et in terra pax hominibus bonæ voluntatis.*

*Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam, Domine Deus, Rex cælestis, Deus Pater omnipotens.*

*Domine Fili Unigenite, Iesu Christe, Domine Deus, Agnus Dei, Filius Patris, qui tollis peccata mundi, miserere nobis; qui tollis peccata mundi, suscipe deprecationem nostrum. Qui sedes ad dexteram Patris, miserere nobis.*

*Quoniam tu solus Sanctus, tu solus Dominus, tu solus Altissimus, Iesu Christe, cum Sancto Spiritu: in Gloria Dei Patris. Amen.*

## PRAYERS AT HOLY COMMUNION

### Spiritual Holy Communion Prayer

My Jesus, I believe that you are present  
in the most Blessed Sacrament.

I love you above all things and

I desire to receive you into my soul.

Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.

I embrace you as if you have already come,  
and unite myself wholly to you.

Never permit me to be separated from you.  
Amen.

*composed by Saint Alphonsus Liguori*

### ANIMA CHRISTI

#### Prayer to the Most Holy Redeemer

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Never permit me to be separated from you.

From the evil enemy defend me.

At the hour of my death call me

and bid me to come to you,

that with your Saints I may praise you

for age upon age. Amen