

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 Office Hours: Closed.

15th Sunday in Ordinary Time – 12 July 2020

RE-OPENING OF BANGOR PARISH FOR PUBLIC MASS

THE **NEXT MASS** WILL BE **THURSDAY 16th JULY** at **10AM** in St Comgall's Parish Centre.

PLEASE REGISTER USING THE CONTACT FORM on the parish website www.bangorparish.com

Dear Parishioner,

Some good news at last but with strings attached! It is hoped to have our second public Mass on **Thursday 16th July at 10:00 am** in the **Parish Centre** using the **two metre** distancing rule. The Parish Centre can accommodate 68 persons while the Church can hold only 58.

Mass on Thursday is in the nature of an experiment so that any problems arising can be addressed before we move to having Sunday Masses at a later date. The Covid-19 virus is still circulating and all necessary sanitising advice supplied by the Diocese following government recommendations will be strictly adhered to. Three stewards will be needed for each Mass to ensure social distancing outside the centre, to sanitise the hands of those entering and to direct them to their pre-allocated seat. We need volunteers to steward and to clean and anyone over the age of 18 who would like to do so is invited to contact the parish by email as soon as possible.

As part of Track and Trace everyone will be required to apply for Mass online. This will also prevent people from having to be turned away because the number of permitted attendees has been reached. I do not want people who have made the considerable physical and psychological effort to come to Mass to be turned away at the door. Applications will be dealt with on a first come first served basis. You may apply for a Mass but may not specify which one. A Mass and a seat will be allocated to you. If you cannot avail of this allocation please let us know so that someone else may do so. I am fully aware that this will cause many difficulties and it goes against every custom and every tradition that we hold dear but the aim is to provide Mass to as many people as possible while keeping everyone safe.

International experience has shown churches can be a source of infection spikes. The places you occupy will be cleaned after you use them and time must be given for them to dry before the next Mass. The doors of the centre will remain open to provide ventilation and the toilets will remain CLOSED. Masks must be worn.

I realise that these are onerous conditions to impose for the celebration of the Mass which is a coming together of the Parish but the primary aim is the safety of all. I should be very grateful if you would tell as many people as possible about this notice and the means of applying for Mass.

Should you wish to apply to come to a public Mass please fill out the form online and it will automatically go to the parish office. We will then be in contact with you to confirm the allocated Mass, day and date. Your patience is requested as the Parish Secretary is furloughed and consequently everything is being done much less efficiently than normal. **Communication with all parishioners is very difficult at the moment please alert other parishioners to this notice.** With every best wish and sincere thanks for your assistance in this important but highly complicated matter.

Fr J Gunn PP

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(IMAGE ONLY BELOW) – please go on to the website to register. www.bangorparish.com

[Application to Attend Mass](#)

Your Details

Family Name * Email Contact *

Address * Mobile Phone *

How Many Family Members wish to attend?

Names of family Members who wish to attend Mass *

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
all names will then be mentioned on the weekly Sunday bulletin.

NO PRIVATE PRAYER next week
Public Mass in Parish Centre on Thursday 16th July at 10am.
Register on parish website.

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YOU CAN ASSIST AT MASS BROADCAST FROM THE PARISHES AS LISTED BELOW
MASS TIMES DURING COVID-19

NEWTOWNARDS Times:
St Patrick's Church
Daily Mon-Friday 9.30am
Weekend: Sat 6.30pm
Sunday 11.30am

www.newtownardsandcomberparish.com

5 page bulletin this weekend includes the readings for Mass.

Podcast audio Mass is available on the parish website
www.bangorparish.com (Daily) by **11.00am**. [Sat vigil] by **7pm**.

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.



St Vincent de Paul
Helpline 077 0367 9384

Bethany Bereavement Support Group
we are here to support and listen.
Confidential. **075 1085 2157**

Your prayers are requested for

Recently Deceased:

Seamus Slevin, Patricia Hewitt, Alan Nelson.

Anniversaries:

Fred York, William Curran, Michael O'Mahony, Paul Braniff.



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.
- Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanne.
- Family Creative Prayer & SUNDAY LOOK SHEETS.

Deacon James McAllister will be offering Morning Prayer at 9.00am every Monday, Wednesday & Friday and on Tuesday Evenings the Novena to Our Lady of Perpetual Help at 7.00pm in
Church: Our Lady of the Visitation Church, Comber.

[see pages 6 & 7 for explanation of Morning Prayers and for the format of the prayer for meditation with Deacon James]
[webcam can be found on the website of Newtownards & Comber www.newtownardsandcomberparish.com]

SVP-The Society continues to help those in need who seek their assistance, albeit on reduced resources with the suspension of Parish Masses. Many thanks to those Parishioners who have donated to date.

If you are in a position to assist, donations can be made via St Vincent de Paul website (svp.ie) Follow the on screen instructions and when prompted indicate if your donation is for St Comgalls Bangor or Most Holy Redeemer Ballyholme. Alternatively a payment can be made direct to the Conferences Bank Accounts with First Trust Bank-Sort Code 93-82-03. St Comgalls A/C 25302098. Most Holy Redeemer Ballyholme A/C 06885061. For account reconciliation purposes please provide a note of your name where indicated

Donations of furniture and good clothing are suspended temporarily.

Non-perishable food donations can continue to be made to Storehouse at their premises at 12 Balloo Avenue, Bangor only on Mondays and Thursdays 2.00pm to 4.00 pm. Again many thanks for your continued support.

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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

Every year Trócaire asks for your help during Lent to fund lifesaving programmes around the world. This year, of course, it was not possible to return Trócaire boxes through schools or parishes in the usual way. This is the worst possible timing coming just as the world's poorest people need us most. Therefore, Trócaire are appealing to you to return your Lenten donation. Simply count or estimate what is in your box and donate in the following ways:

1. Online at 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.

The contents of each and every Trócaire box, no matter how small, come together to make a significant difference. This virus knows no borders, but neither does our compassion.

Lough Derg Pilgrimage Season 2020

"Lough Derg has delayed the opening of the island for the 2020 Pilgrimage Season. We welcome the Government roadmap to ease restrictions and we hope that the Island will be able to open for the later weeks of the Three Day Pilgrimage Season. There will not be any One Day Retreats on the Island in May, but we will offer a One Day Retreat in an online format on selected days. These will be carried on our new dedicated website www.loughderg.live We look forward to welcoming pilgrims back to the Island when Ireland's public health restrictions allow, so that you can come to Lough Derg with confidence."

Prior La Flynn

ONLINE RETREAT DAYS – Contact the team by email info@loughderg.org main website: www.loughderg.org

"Abiding Memories: Mary Magdalene"

Short Online Course by Zoom led by Sr Pam Thimmes OSC hosted by [DRUMALIS](http://www.drumalis.co.uk) over 2 sessions, **Sat, 1 & Sat, 8 August (10:00 am – 12:30 pm)** For further information or to book a place (£25 per person or £40 per household), please contact 028 8276455/28272196 during office hours (Mon-Fri, 9 am – 5 pm).

Details are also available on the Drumalis website - <http://www.drumalis.co.uk>

LOUGH DERG Lakeshore and Ancient Pilgrim Path reopens for visitors. Walk & Pray the Ancient Pilgrim Path with the Prior on Saturday 18th & Sunday 19th July. Guided Contemplative Walk begins at noon. Approx. 4hr, 12k moderate loop. Booking essential, full details www.loughderg.org or email info@loughderg.org

Readings at Mass – 15th Sunday in Ordinary Time, 12th July.



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.

Entrance Antiphon - Cf. Ps 16:15

As for me, in justice I shall behold your face;
I shall be filled with the vision of your glory.

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.

First reading - Isaiah 55:10-11 *The word that goes out from my mouth does not return to me empty.*

Thus says the Lord: 'As the rain and the snow come down from the heavens and do not return without watering the earth, making it yield and giving growth to provide seed for the sower and bread for the eating, so the word that goes from my mouth does not return to me empty, without carrying out my will and succeeding in what it was sent to do.'

The word of the Lord. **R:** Thanks be to God.

Responsorial Psalm - Psalm 64(65):10-14

Response: *Some seed fell into rich soil and produced its crop.*

You care for the earth, give it water,
you fill it with riches.

Your river in heaven brims over
to provide its grain.

Response

And thus you provide for the earth;
you drench its furrows;
you level it, soften it with showers;
you bless its growth.

Response

You crown the year with your goodness.
Abundance flows in your steps,
in the pastures of the wilderness it flows.

Response

The hills are girded with joy,
the meadows covered with flocks,
the valleys are decked with wheat.
They shout for joy, yes, they sing.

Response

Second reading - Romans 8:18-23 *The whole creation is eagerly waiting for God to reveal his sons.*

I think that what we suffer in this life can never be compared to the glory, as yet unrevealed, which is waiting for us. The whole creation is eagerly waiting for God to reveal his sons. It was not for any fault on the part of creation that it was made unable to attain its purpose, it was made so by God; but creation still retains the hope of being freed, like us, from its slavery to decadence, to enjoy the same freedom and glory as the children of God. From the beginning till now the entire creation, as we know, has been groaning in one great act of giving birth; and not only creation, but all of us who possess the first-fruits of the Spirit, we too groan inwardly as we wait for our bodies to be set free.

The word of the Lord. **R:** Thanks be to God.

Gospel Acclamation - 1S3:9,Jn6:68

Alleluia, alleluia!

Speak, Lord, your servant is listening:
you have the message of eternal life.

Alleluia!

Gospel - Matthew 13:1-23

A sower went out to sow.

Jesus left the house and sat by the lakeside, but such large crowds gathered round him that he got into a boat and sat there. The people all stood on the beach, and he told them many things in parables.

He said, 'Imagine a sower going out to sow. As he sowed, some seeds fell on the edge of the path, and the birds came and ate them up. Others fell on patches of rock where they found little soil and sprang up straight away, because there was no depth of earth; but as soon as the sun came up they were scorched and, not

having any roots, they withered away. Others fell among thorns, and the thorns grew up and choked them. Others fell on rich soil and produced their crop, some a hundredfold, some sixty, some thirty. Listen, anyone who has ears!

Then the disciples went up to him and asked, 'Why do you talk to them in parables?' 'Because' he replied, 'the mysteries of the kingdom of heaven are revealed to you, but they are not revealed to them. For anyone who has will be given more, and he will have more than enough; but from anyone who has not, even what he has will be taken away. The reason I talk to them in parables is that they look without seeing and listen without hearing or understanding. So in their case this prophecy of Isaiah is being fulfilled:

You will listen and listen again, but not understand,
see and see again, but not perceive.

For the heart of this nation has grown coarse,
their ears are dull of hearing, and they have shut their eyes,
for fear they should see with their eyes,
hear with their ears,
understand with their heart,
and be converted
and be healed by me.

'But happy are your eyes because they see, your ears because they hear! I tell you solemnly, many prophets and holy men longed to see what you see, and never saw it; to hear what you hear, and never heard it.

'You, therefore, are to hear the parable of the sower. When anyone hears the word of the kingdom without understanding, the evil one comes and carries off what was sown in his heart: this is the man who received the seed on the edge of the path. The one who received it on patches of rock is the man who hears the word and welcomes it at once with joy. But he has no root in him, he does not last; let some trial come, or some persecution on account of the word, and he falls away at once. The one who received the seed in thorns is the man who hears the word, but the worries of this world and the lure of riches choke the word and so he produces nothing. And the one who received the seed in rich soil is the man who hears the word and understands it; he is the one who yields a harvest and produces now a hundredfold, now sixty, now thirty.'

The Gospel of the Lord.

R: **Praise to you, Lord Jesus Christ.**

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.