

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: Mon-Fri 9.30pm to 1pm.

24th Sunday in the Year – 12 September 2021 –

MASS TIMES NEXT WEEK:

at **10AM**
Tuesday to Friday
[no registration needed]

MASS TIMES NEXT WEEKEND:

26th Sunday of the Year
VIGIL SATURDAY 18th September @ 6.30pm
SUNDAY 19th September @ 10am, 12noon

NO REGISTRATION NEEDED

SUNDAY MASSES

On a trial basis for July and possibly August we will no longer require Sunday Masses to be reserved online. Admittance will be on a first come first served basis and if the permitted number is exceeded a notice to that effect will be posted on the Church door.

This trial is based on an analysis of the attendance patterns since the last reopening. Safety of parishioners and welcome to all, particularly families are joint top priorities. **Please note that the Covid sanitising regulations have not changed and will continue to be strictly observed.**

PRAYING WITH THE ICONS

*under **The Four Saints** found in 'Parish Today'*

❖ BANGOR TROCAIRE TEAM & FRIENDS

The Bangor Trócaire team (and friends) are walking 5 million steps over 5 months (May-September). This is approximately the perimeter of Ireland!

❖ Covid has devastated many communities across the world. Your generosity allows Trocaire to continue with its life-saving work across these communities. We, the Bangor Trocaire team, have walked over 6 million steps to raise funds for Trocaire. We have overachieved our goal of 5 million steps! **We have raised £1525 to date.** Perhaps you could help us overachieve our goal of raising £2000. Please pop your donation into the parish office, clearly marked FOR TROCAIRE

❖ Online donations can be made at
www.justgiving.com/TrocaireTrekks

SACRAMENTAL PREPARATION CLASSES

1ST PENANCE & HOLY COMMUNION - Classes to be held in the Parish Centre on Sunday mornings at 9:15 starting in November 2021. Please register by contacting the parish office by email stating the Child's(rens) Name(s), Primary School, Year Group and Age.

CONFIRMATION CLASSES 2021

2020-2021 Classes will be completed by attending the Parish Centre on a Sunday morning starting in September. Those parents and children concerned will be contacted individually by the Sacramental Leader.

Your prayers are requested for

Recently Deceased:

Gerry MacNamara

Anniversaries:

Maureen Taylor, Fr Harry Donaghy, Stephen McKearney, Elizabeth McKearney, Lucy McDaniel, Emmanuel Shields, Edwin Bana, Mary Robinson, Jack Allen, Fr Terence McLoughlin, Joe McNally, David Kenny, Harry Shields, Billy Grego, John Finlay, James Hill.

Sr Maura of the Columban Sisters

has added new reflections to the website page. Find them under the 'News' section of the tool bar and in the Columban Sisters page under 'The Parish Today'.

BAPTISM REGISTRATION

Evenings only until further notice at 7pm.
Wednesdays and Thursdays.
Please register online SIDE BAR under '**Sacramental Preparation**'

Bethany Bereavement Support Group

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

St Vincent de Paul

Helpline 077 0367 9384

Podcast audio Mass is available on the parish website

www.bangorparish.com

[Daily] by **12noon**. [Sat vigil] by **9pm**.

Bangor Parish Podcast

Fr Gunn offers Mass daily in **St Comgall's Church**, Brunswick Rd 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](https://www.apple.com/app-store/) or [Google Play](https://play.google.com/store/apps/details?id=com.bangorparish). If you use these apps please **'subscribe'** to our channel so you receive all the latest podcasts straight to your phone or tablet.



8 Page Bulletin don't forget to scroll down for all the updated information...

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.

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... weekly**
Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanna.
- Family Creative Prayer.

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Diocesan Directory available in the Parish Office. Cost £4.50 Includes updated list of Priests, City & Country Parishes, Church Services, Diocesan Bodies, Religious Orders & Pastoral Organisations, Schools & Colleges, Index of deceased bishops and priests 1960 – 2019.

DOWN and CONNOR DIOCESAN TRUST ~ PARISH SECRETARY – PART TIME NEWTOWNARDS PARISH

A vacancy has arisen for a Parish Secretary within Newtownards Parish, 71 Upper North Street, Newtownards, Co Down BT23 4JD.

The post holder will be required to: • provide confidential, efficient and effective secretarial support to the Parish Priest, and assistance to visitors and parishioners who visit or make contact with the Parish office; • effectively and efficiently manage and maintain the Parish Office.

The terms are based on a permanent appointment requiring 20 hours per week, Monday – Friday 9.00am – 1.00pm.
Rate of Pay - £10.50 gross per hour.

Full details relating to the vacancy can be found on the Diocesan website at: <http://www.downandconnor.org> clicking on the tab: JOB VACANCIES and on the Community NI website, where terms and conditions relating to the role can also be accessed by way of a Role Profile and Employment Application form. Application packs can also be obtained from Newtownards Parish Office.

We welcome applications from anyone who feels they meet the criteria and are interested in playing an active part in the Parish. **Closing date for applications will be 12.00 noon on Friday 24th September 2021.**

Different ways of donating to St Vincent de Paul.

Direct Payment to Conferences Bank Account. St Comgall's, Allied Irish Bank. Sort Code 93-82-03. A/C No is 25302098. **Most Holy Redeemer Ballyholme**, Allied Irish Bank. Sort Code 93-82-03. A/C No. 06885061.

For account reconciliation purposes, please provide a note of your name where indicated.

Gift Aid Envelopes will be made available. **Standing order form** is available on Parish website.

Taxpayers please tick the box which will give us an extra 25p in the pound. Thank you.

Donations of good quality furniture and clothing are suspended temporarily.

Storehouse North Down

Storehouse continues to help St Vincent De Paul provide non-perishable food for those in need. Storehouse welcomes donations of foodstuff at their premises, 12 Balloo Avenue, Bangor on Mondays and Thursdays between 10.00am to 3.00 pm. Cash donations are also very acceptable.

Are You, or anyone you know, having financial difficulties due to reduced or loss of income through Covid 19?

The Society of St Vincent de Paul, throughout North Down and Ards can help.

We know how hard it is to ask for help but these are extraordinary times and people. T: **077 0367 9384**

COVID INFORMATION

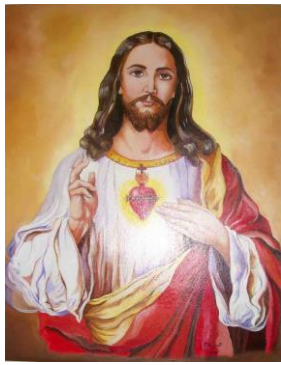
An up-to-date summary of all Executive regulations and guidance can be found at:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>



Angel Guardian

"Angel of God my guardian dear to whom God's love commits me here. Ever this day be at my side, to light, to guard, to rule and guide. Amen."



24 Sunday in the Year – 12 September 2021

Lord Jesus, you have said, 'Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you.' I come to you in faith and trust, in love and hope. Let me know your closeness to me and your care for me and for all who are dear to me.

My intention: Hear my prayer (*mention intention*); grant what I ask, and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour. And so, Most Sacred Heart of Jesus, I place all my trust in you.

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.

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

CALENDAR OF SAINTS DAYS

AUGUST / SEPTEMBER 2021

Friday 10th September

Saint Peter Claver

Friday 17th September

Saint Robert Bellarmine, Bishop & Doctor

Sunday 12th September

24th Sunday in the Year

Saturday 18th September

Blessed Virgin Mary

Monday 13th September

Saint John Chrysostom, Bishop & Doctor

Sunday 19th September

25th Sunday of the Year

Tuesday 14th September

The Exaltation of the Holy Cross

Monday 20th September

Saint Andrew Kim Tae-gon & Companions, Martyrs

Wednesday 15th September

Our Lady of Sorrows

Tuesday 21st September

Saint Matthew, Apostle & Evangelist

Thursday 16th September

Saint Cornelius, Pope, Martyr, Saint Cyprian, Bishop, Martyr

Thursday 23rd September

Saint Pius of Pietrelcina (Padre Pio), Priest

Prayer Online: Come and join us at... 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!

Every Saturday at 4.30pm - I will be leading a [live Rosary](#) broadcast and later in the evening **Every Saturday at 8.30pm** I will be leading prayer with [Eucharistic Adoration](#) on the Catholic Internet TV – Shalom World TV. Just click on the following link to access this time of prayer. www.swprayer.org Please be assured that I will be including all the parishioners and their families during this live Rosary and live Eucharistic Adoration.

The Lough Derg Pilgrim Path on the lough shore is now open daily. The full route is a 12km loop, with a shorter 8km option, and several information boards highlight features of particular interest. Leaflets are available at the Visitors Centre. For bookings and further information email info@loughderg.org or telephone 0(0353) 71 9861518.

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Holy Mass Live Stream

Holy Mass is celebrated Monday to Friday at 12 noon for friends and benefactors of **Aid to the Church in Need, Ireland**. Beginning soon, we will also host a weekly rosary, to facilitate prayerful community among our staff and benefactors. Contact info@acnireland.org if you would like to join us weekly to pray for the persecuted Church.

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TRÓCAIRE thank you for your help. You can 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),

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USE THE LINK BELOW TO ACCESS - Issue 67 of *Sharing the Good News*. The current issue can be linked to and downloaded from the home page of www.catholicbishops.ie.

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Greetings from Dromantine Retreat and Conference Centre. The following directed retreat and workshops will be led by Father Hugh Lagan SMA in October and November 2021. To find out more, kindly click on the blue 'Dromantine Workshops' button below to open the attached A4 flyer. The retreat and workshops are open to everyone. Spaces are limited and the centre will operate in full compliance with all public health regulations With kind regards, Dromantine Retreat and Conference Centre



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Understanding The Mass
Zoom Talks

"From the Eucharist comes strength to live the Christian life and Zeal to share that life with others."

Tuesdays at 8pm

We invite you to join Fr Tony each Tuesday night starting from 28th September at 8pm when we, as a Christian community, will engage with our faith and try and deepen our understanding of The Mass.

Email to register:

lententalks@downandconnor.org

FREE AND OPENED TO EVERYONE!

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Apply to work for Right To Life UK

Are you looking to leave a corporate career and instead use your skills and energy to make a significant positive difference to this world?

Right To Life UK are currently hiring for a number of positions across media, public affairs, digital and operations.

In particular, they are looking to urgently fill positions in their Public Affairs team, to ensure that they have the right team in place ahead of their opposition making further attempts to introduce radical changes to abortion and assisted suicide legislation.

They are looking for highly-skilled, hard-working, professional individuals to join them.

If this is of interest to you or if you know of anyone that would be suitable for one of the positions, please visit the link below to view the roles they are looking to hire for and learn how to apply.

www.righttolife.org.uk/jobs/

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ANAM CARA

Anam Cara offers Face to Face meetings. You can contact us on **NI: 028 9521 3120** and we can explain how this will work. Once again we would like to take this opportunity to thank you for your continued support of Anam Cara. There is no doubt the last months have been very challenging for everyone. Hopefully the worst is behind us, in terms of lockdown and social distancing and that we can look forward to seeing you soon. Take Care and Kindest Regards, Leanne Contact Numbers NI 028 9521 3120

Email: info@anamcara.ie/info@anamcarani.co.uk

Web Address www.anamcara.ie/www,anamcarani.co.uk

Anam Cara would like to invite yo to join us for an **online Bereavement Information and Support Evening** taking place 16th September at 7pm. This events will give you an opportunity to hear a bereavement professional talk about the difficult challenges and many milestones grieving a child of any age has on you and your family. If you would like to join us please register here <https://bit.ly/3Dzyphc> or contact us on info@anamcara.ie or 085 288 8888

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

DRUMALIS RETREAT CENTRE, LARNE

For further information, please contact 028 28276455/28272196 during office hours (Mon-Fri, 9 am – 5 pm) or email maura@drumalis.co.uk Details are also available on the Drumalis website - <http://www.drumalis.co.uk>

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Pathways – Adult Faith Development Programme

Two-year, part-time course, now enrolling for 2021-2023 intake

Have you ever thought about exploring your faith... or wished that you could broaden your understanding of your faith? Would you like to explore, discuss and reflect upon issues and questions of faith, the Church, and how to link faith to life? If the answer is "yes", then Pathways may be for you. The course runs one Saturday per month (10 am – 4:30 pm) from October to June, either in-house at Drumalis, Larne or online via Zoom.

Certificate in Christian Thought

Two-year, part-time course commencing late September 2021

The Certificate in Christian Thought aims to offer a space where adults can explore, reflect upon, discuss and study faith and how it relates to life in today's world, both at a personal and community level. It is possible to do the course for validation by St Mary's University College or for personal development only. The course is offered either in-house at Drumalis, Larne or online via Zoom.

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"Earth Matters" with Sr Anne Harnett CP and Sr Margaret Rose McSparran CP. A creation time opportunity to engage with the ecological issues of our day and to explore a way forward for all over three Zoom sessions in September – 7, 14 and 21 Sept from 10:30 am – 12:30 pm.

"All My Children: Genesis and Exodus. Who said family was easy?" with Sr Pam Thimmes OSC. An eight part Zoom series exploring the theme of family in the Books of Genesis and Exodus. The course will take place from 7:00 pm – 9:15 pm on 9 Sept, 30 Sept, 14 Oct, 28 Oct, 11 Nov, 25 Nov, 13 Jan and 27 Jan.

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Growth in Prayer and Reflective Living

Commencing Monday, 20 September

Applications are now being accepted for the third intake of this popular one-year programme for those who want a closer relationship with God. Living out faith isn't easy against the backdrop of our fast-paced, noisy and instantaneous culture. The **Growth in Prayer and Reflective Living** course will give you the tools and space to become attuned to God's voice in the midst of the clamour. The course will take place over 21 Monday evening sessions from 7:00 pm –

FRIENDS OF COLUMBANUS: Columban Way Turas Columbanus
turascolumbanus@gmail.com

**WALKING TOGETHER – MARCHER ENSEMBLE –
CAMMINARE INSIEME – GEMEINSAM WANDERN**

Dear friends,

The Covid pandemic has prevented us from travelling and visiting each other, as we would like to do. Who know when this will be possible again? So we have a suggestion:

"let's walk together – each in our own country and region".

A first opportunity would be in early September, between the 7th and 10th:

- On the 7th to 9th, a group will be walking the Kolumbansweg (Switzerland).
- On September 10th, there will be a walk in the vicinity of the Chapelle Saint-Colomban, Sainte-Marie-en-Chanois (near Luxueil).



Another opportunity would be in early October:

- During the beginning of October a group will be walking Columban Way in the vicinity of Mt. Leinster.
- On 6th October a group will be walking at Cleenish Island (the monastery where Columbanus studied before coming to Bangor).
- Also on 6th October, a group will be walking the Kolumbansweg (Switzerland). and from 12th - 15th October a group will also be a group will be walking the Kolumbansweg (Switzerland).
- On 16th October a group will be walking the Turas Columbanus in County Meath
- Other walks could be planned in Ireland, France and Italy around these dates.



Would you like to join us around these dates and walk part of Via Columbani, or any other place where Columban's memory is celebrated? If you can, please let us know:

email: turascolumbanus@gmail.com

We hope to do this several times a year; and for many years to come. So whenever you're planning a walk, please share the information with those in other countries too.

Many thanks.

LEBANON HAS THE HIGHEST PROPORTION OF CHRISTIANS IN ITS POPULATION OUT OF ANY MIDDLE EASTERN COUNTRY. THE CARMELITE MONASTERY OF OUR LADY OF MOUNT CARMEL IN BEIRUT'S SUBURBS DRAWS MANY PILGRIMS AND VISITORS, INCLUDING CATHOLICS, NON-CATHOLIC CHRISTIANS AND EVEN SOME MUSLIMS. ACN HAS SUPPORTED THE EXPANSION OF THE MONASTERY BY HELPING THE CONSTRUCTING OF A NEW CHURCH TO HELP ACCOMMODATE THE PILGRIMS AND VISITORS.

By ACN Staff

Father Raymond Abdo, the Provincial of the Discalced Carmelite friars in Lebanon. (Credit: Jacques Berset / ACN)

Lebanon has the highest proportion of Christians in its population of any Middle Eastern country. **Around one third of Lebanon's population are Christians.** This use to be higher. Many Christians left the country during the civil war from the 1970s-1990s and there has been a recent exodus of Christians from Lebanon due to the dire economic situation in the Middle Eastern country.

The majority of Christians in Lebanon are Catholics. Other significantly sized Christian denominations include the Greek Orthodox Church and the Armenian Apostolic Church. **The vast majority of Lebanese Catholics are Eastern Catholics,** with Maronite Catholics being the largest group followed by Melkite Catholics. **Latin Catholics make up a very small proportion of the Catholic population in Lebanon** and make up less than 1% of Lebanese Christians. Most Latin Catholics in Lebanon have roots in Western Europe, particularly France and Italy.

The baptism at the monastery of Carene, a young Muslim woman who converted to Catholicism. (Credit: Jacques Berset / ACN)



Despite the small number of Latin Catholics in Lebanon, **the Carmelite Monastery of Our Lady of Mount Carmel in the town of Hazmieh** in Beirut's suburbs is not short of visitors and pilgrims. **There is a shrine dedicated to Louis and Zélie Martin, the parents of Saint Thérèse of Lisieux or Therese of the Child Jesus, in the monastery. The shrine and monastery are not only visited by both Catholic and non-Catholic Christians, but even by some Muslims.**

The parents of Saint Thérèse of Lisieux are a powerful example of marriage and family. **Father Raymond Abdo**, the Provincial of the Discalced Carmelite friars in Lebanon explains that is something that people are drawn to:

*"It is a place that has awakened great interest and is also visited by Muslims. **Many married couples come to see us, especially those in mixed marriages, and we have had conversions to Christianity...** (this shrine is) the first ever shrine dedicated to this holy couple and it is here in Lebanon; next to it, we have placed a statue of the Holy Family."*

Father Raymond also tells us that Our Lady of Mount Carmel also draws pilgrims and visitors to the monastery:

*"I don't really know why it is, but **this particular statue of the Virgin, Our Lady of Mount Carmel, a particularly beautiful statue carved in Italy from the wood of a Lebanon cedar, attracts many people from all the Christian denominations, and many Muslims as well.** Here in the monastery we welcome Maronites, Greek Catholic Melkites and Orthodox, and also Chaldean Catholics, Syriac Christians, and some Copts... For many years the church was too small and owing to the lack of space many people had to stand outside, especially on Sundays, and **some people went away to find another place where they could attend Holy Mass indoors.**"*

Holy Mass at the Monastery of Our Lady of Mount Carmel. (Credit: Jacques Berset / ACN)

Father Raymond explains that the monastery has thought about expanding to help accommodate the pilgrims and visitors:

*"We thought of the possibility of building a new church, in order to be able to welcome everybody, but this would have cost a great deal, and **so we decided on an extension, linking one of the wings of the convent cloister with the old church** – which only cost a third of the price. We had to save up, above all because many of our local benefactors, who had begun to support the project and promised to continue doing so, were so badly affected by the crisis. For almost two years now cheques have become practically worthless in Lebanon..."*

ACN stepped in and decided to help Carmelites to develop their monastery. ACN was one of the organisations to support the Carmelites and help construct the expansion. The new church is set to be shortly inaugurated although not everything is finished. Father Raymond explains further:



"The Mass will be celebrated on the old wooden altar, and the new altar will not be consecrated until 2022."

The support offered by ACN to the Carmelites would not be possible without the support of our benefactors. **Let us pray that Our Lady of Mount Carmel and Sts. Louis and Zélie Martin may intercede for Lebanon and allow the country to overcome its current difficulties.** <https://www.acnireland.org/n-donate>