

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.

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

**SUNDAY MASS TIMES
ALL BANGOR PARISH
PUBLIC MASSES
are cancelled
until further notice.**

The weekend Sunday Mass will be offered for all parishioners living and deceased.

MASS OFFERED DAILY accessed by Podcast App or Website.

FUNERAL NOTICE

Parishioners are asked to note that:

Following relaxation of lockdown regulations by the Northern Ireland Executive the Bishop now allows Requiem Mass in the parish Church. Attendance will be STRICTLY LIMITED TO 10 PERSONS who will be expected to exercise social distancing.

During the week Fr Joseph Gunn will celebrate Mass alone in the oratory in the parochial house.

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.

12th Sunday in Ordinary Time – 21 June 2020

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: Fr Johnny O'Sullivan,
Maria McLaughlin, Pat McNeilly.



Anniversaries:

Mary De Largy, Stephen McKearney Snr, Edward McDaniel,
Simon Barbier, Leon Barbier, Margaret Ormsby, Sarah Ormsby,
Kathleen Duffy, John B McVeigh, Sammy Dorrian.

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.

Re-opening of the Church for Private Prayer - St Comgall's Church, Brunswick Road

St Comgall's Church Brunswick Road will be open for private prayer from
3.00PM TO 5.00PM on **MONDAYS, WEDNESDAYS, AND THURSDAYS ONLY.**

To comply with mandatory social distancing **ONLY 8 PEOPLE** will be admitted to the Church foyer from where they will be able to see the tabernacle.

There will be **8 mats** on the floor and each worshipper is asked to **stand on one** during **the whole of their visit.** To minimise the area and number of surfaces to be cleaned there will be no furniture of any type in the foyer. Please note that the Church toilets will remain closed. **Please note: No items for St Vincent de Paul can be accepted at these times.**

A steward will be on duty to ensure social distancing and use of hand sanitiser. When queuing outside the Church people are asked to stand 2 metres apart along the wall of the Church itself.

Your cooperation is kindly requested during this time when the virus is still circulating. People who are shielding who have underlying conditions or experiencing Covid symptoms or have been in contact with people exhibiting Covid symptoms **MUST NOT** visit the Church.

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]

A Statement from Bishop Noel Treanor Diocese of Down and Connor - Thursday 4th June 2020

On the 25th March 2020, I issued a pastoral letter outlining measures to be taken in response to Covid-19. These measures, which included the closing of churches, restricted the celebration of funerals and limited the pastoral services of the diocese, have been acutely experienced by all. The aim of those measures was to help prevent the spread of the coronavirus, to save lives and to enable us all to protect each other...

[Full statement found on the parish website, side bar '[Diocesan News Covid-19 updates](#)']

SUPPORT POPE FRANCIS' COVID-19 EMERGENCY FUND

Your help is urgently needed to help overseas missionaries and vulnerable communities to defend themselves against COVID-19. In Africa, Asia and Latin America the Church is often on the frontline. In remote, inaccessible areas, it is missionaries who respond, as best they can, to the medical and pastoral needs of suffering men, women and children. Missionaries already face too many challenges; working in over-crowded communities with no running water. In shantytowns and refugee camps where social distancing is simply impossible, and where self-isolation could mean starvation. To help protect these fragile communities, Pope Francis has announced the COVID-19 Emergency Fund. If you can, please give so that our less-fortunate brothers and sisters have a fighting chance at suppressing COVID-19. Donate by going online www.wmi.ie/covid-fund or call Fiona on 00 353 1 497 2035.

Bank of Ireland Transfer Details: Account Name - Society for the Propagation of the Faith,
IBAN - IE12 BOFI 9007 5456 9616 36, BIC - BOFIE2D

<https://wmi.us16.list-manage.com/track/click?u=1e3a0945dd2f610bf1558ad6a&id=49c1a30512&e=ae47c47113>

YOU CAN ASSIST AT MASS BROADCAST FROM THE PARISHES AS LISTED BELOW MASS TIMES DURING COVID-19	
<u>NEWTOWNARDS Times:</u> St Patrick's Church Daily Mon-Friday 9.30am Weekend: Sat 6.30pm Sunday 11.30am www.newtownardsandcomberparish.com	<u>HOLYWOOD Times:</u> St Colmcille's Church Daily: Tuesday - Thursday 9.30am, Mon & Fri 7.00pm Weekend: Sunday 12noon www.stcolmcilleshollywood.org
<u>ARDGLASS Times:</u> St Nicholas' Church Daily: Mon-Sat 10.00am Mass, Mon-Fri Rosary 9.30am Wed. eve. 8-9pm Holy Hour with Eucharistic Adoration. www.churchservices.tv/ardglass	streamed live from St Peter's Cathedral, Belfast on www.churchservices.tv/stpeterscathedral Sunday 11.00am

7 page bulletin this weekend includes the readings for Mass.

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.

CLONARD NOVENA – starting Friday 19th June to Saturday 27th June.

In current circumstances, it isn't an option to celebrate an in-church Novena during the month of June. So, the Irish Redemptorists have decided to do an all-Ireland, online Novena, which will be streamed live from Limerick [Mt St Alphonsus] and Belfast [Clonard].

The Novena will begin on Friday, June 19th and end of June 27th, the feast of Our Mother of Perpetual Help.

The Sessions from Clonard will be at: 7am; 9.30am; 6.15pm; and 8.00pm.

The Redemptorist preachers are:

Fr Peter Burns, Fr Johnny Doherty, Fr Brendan Keane, and Fr Ciaran O'Callaghan. www.clonard.com

Rev Dr Janet Unsworth [Methodist] and Rev Jonathan Frazer [Presbyterian] will speak on the Ecumenical day
[Monday 22nd June]

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. In advance of the day, pilgrims may place their petitions online on the Knock Shrine website and these will be placed on the altar for the Mass. Many pilgrims light candles for loved ones and their intentions during their visit to Knock Shrine and this service is also available online. A candle will be lit at the outdoor candelabra for each request received. 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 – Sunday 24th May, Wednesday 27th May – www.loughderg.live signup or subscription is not required. 10.30am to 3pm. Lough Derg phone lines are open 9.00am – 5.00pm Mon-Friday during May +353 (0) 71 9861518. Contact the team by email info@loughderg.org main website: www.loughderg.org

Readings at Mass – 12th Sunday in Ordinary Time, 21st June.



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 27: 8-9

The Lord is the strength of his people,
a saving refuge for the one he has anointed.
Save your people, Lord, and bless your heritage,
and govern them for ever.

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 solas Dominus, tu solas Altissimus, Iesu Christe, cum Sancto Spiritu: in Gloria Dei Patris. Amen.

First reading – Jeremiah 20:10-13 *He has delivered the soul of the needy from the hands of evil men.*

Jeremiah said:

I hear so many disparaging me, "Terror from every side!"
Denounce him! Let us denounce him!
All those who used to be my friends watched for my downfall,
'Perhaps he will be seduced into error.
Then we will master him and take our revenge!
But the Lord is at my side, a mighty hero;
my opponents will stumble, mastered, confounded by their failure;
everlasting, unforgettable disgrace will be theirs.
But you, O Lord of Hosts, you who probe with justice,
who scrutinise the loins and heart, let me see the vengeance you will take on them,
for I have committed my cause to you.
Sing to the Lord, praise the Lord, for he has delivered the soul of the needy
from the hands of evil men.

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

Responsorial Psalm – Psalm 68(69):8-10,14,17,33-35

Response: In your great love, answer me, O Lord.

It is for you that I suffer taunts,
that shame covers my face,
that I have become a stranger to my brothers,
an alien to my own mother's sons.
I burn with zeal for your house
and taunts against you fall on me.

Response

This is my prayer to you,

my prayer for your favour.
In your great love, answer me, O God,
with your help that never fails:
Lord, answer, for your love is kind;
in your compassion, turn towards me. **Response**

The poor when they see it will be glad
and God-seeking hearts will revive;
for the Lord listens to the needy
and does not spurn his servants in their chains.
Let the heavens and the earth give him praise,
the sea and all its living creatures. **Response**

Second reading – Romans 5:12-15 *The gift considerably outweighed the fall.*

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

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

Gospel Acclamation – Jn1:14,12

Alleluia, alleluia!
The Word was made flesh and lived among us:
to all who did accept him
he gave power to become children of God.
Alleluia!

Gospel - Matthew 10:26-33 *Do not be afraid of those who kill the body*

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

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.

Prayer of Saint Bonaventure

Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfilment of the soul's deepest desires. May my heart always hunger for you, so that my soul may be filled with the sweetness of your presence. Amen.

Morning Prayer from the Divine Office



The Divine Office or the Liturgy of the Hours is the Prayer of the Church. "The public and communal prayer of the people of God is rightly considered among the first duties of the Church. From the very beginning the baptised *'remained faithful to the teaching of the apostles, to the brotherhood, to the breaking of bread and to prayers'* (Acts 2:42) Many times, the Acts of the Apostles testifies that the Christian community prayed together" (G11)

Again, and again we hear, throughout the Gospels and the Acts, of Jesus and his disciples or apostles going up to the Temple or to the synagogue at the third or the sixth or the ninth hour to pray. Christianity was originally a sect of Judaism and the followers abided by the Jewish tradition of sanctifying the day with prayer. When the branch of Judaism known as "the Way" or the Christianity separated the liturgy of prayer throughout the day developed to complement the main Christian celebration, the Eucharist, or Breaking of Bread which was only being celebrated on the first day of the week. The prayers continued the former tradition.

Before the most recent reform of the Liturgy of the Hours in 1971 the recitation of the Divine Office was in Latin and it was the duty of priests and religious to pray the Prayer of the Church daily on behalf of the whole Church. This was and is an obligation under Canon Law. Anyone who has spent some time visiting a monastery will have witnessed the monks singing or chanting the Office in choir in their chapel throughout the day beginning before dawn usually with the Office of readings and finishing with Night Prayer or Compline as it is called in Latin.

Pope Paul VI reform in 1971 made the Office more acceptable and more available to all the faithful and today more and more of the faithful are partaking in the complete or part of the Divine Office either in private or in public worship. In doing so we are continuing the tradition of praying the psalms and prayers of petition which have been passed down to us through the Old Testament, prayed by Jesus and continue in the apostolic tradition to today. Below is the basic outline of Morning Prayer.

- ❖ **Invitatory Psalm;** Come ring out our joy to the Lord (Ps94) (Antiphon before and after)
- ❖ **Hymn**
- ❖ **Psalm** (Antiphon before and after)
- ❖ **Canticle** (Antiphon before and after)
- ❖ **Psalm** (Antiphon before and after)
- ❖ **Scripture Passage**
- ❖ **Short Responsory**
- ❖ **Benedictus**
- ❖ The Canticle of Zechariah (Antiphon before and after)
- ❖ **Intercessions**
- ❖ **The Lord's Prayer**
- ❖ **Concluding Prayer**
- ❖ **Blessing**

Psalm 94

Come ring out our joy to the Lord
Hail the God who saves us
Let us come before him giving thanks
With songs let us hail the Lord.

A mighty God is the Lord
A great king above all gods.
In his hand are the depths of the earth
The heights of the mountains are his
To him belong the sea for he made it
The dry land shaped by his hand.

Come in let us bow and bend low;
Let us kneel before the God who made us
For he is our god and we
the people who belong to his pasture,
the flock that is led by his hand.

O that today you would listen to his voice!
Harden not your hearts as at Meribah
As on that day at Massah in the desert
When your fathers put me to the test;
When they tried me though they saw my work.

For forty years I was wearied of these people
And I said "Their hearts are astray
These people do not know my ways"
Then I took an oath in my anger
"Never shall they enter my rest"

Glory be to the father and to the Son
and to the Holy Spirit As it was in
the beginning is now and ever shall
be world without end. Amen



The Benedictus: (Lk1:68-79)

Blessed be the Lord the God of Israel
He has visited his people and redeemed them

He has raised up for us a mighty saviour
In the house of David his servant,
as he promised by the lips of holy men, those who
were his prophets from of old.

A saviour who would free us from our foes, from
the hand of those who hate us.
So his love for our fathers is fulfilled
and his holy covenant is remembered.

He swore to Abraham our father to grant us, that
free from fear, and saved from the hands of our
foes,
we might serve him in holiness and justice all the
days of our life in his presence.

As for you little child,
You shall be called prophet of God, the Most High.
You shall go ahead of the Lord
to prepare his ways before him.

To make known to his people their salvation
through forgiveness of their sins,
The loving kindness of our heart of our God who
visits us like the dawn from on high.

He will give light to those in darkness,
Those who dwell in the shadow of death,
And guide us into the way of peace.

Glory be to the father and to the Son and to the
Holy Spirit
As it was in the beginning is now and ever shall be
world without end. Amen