

# 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: 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](mailto:bangor@downandconnor.org)  
all names will then be mentioned on the weekly Sunday bulletin.

## 13<sup>th</sup> Sunday in Ordinary Time – 28 June 2020

**Podcast audio Mass is available on the parish website**  
[www.bangorparish.com](http://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:** Marcella Savage



### Anniversaries:

Jim Devine, Jack Price, Brigid McGinnity, Frank Quinn, Margaret Beck, Mary Starkey, Angela Crawley-Smith, Frankie McGreevy, Paddy McGreevy, Kerry Rafferty, John Simpson, Flora MacKinnon, Ann MacKinnon, Robert Lennon, Evelyn Walls.

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](http://www.newtownardsandcomberparish.com) ]

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

<p><u>NEWTOWNARDS Times:</u> St Patrick's Church Daily Mon-Friday 9.30am Weekend: Sat 6.30pm Sunday 11.30am <a href="http://www.newtownardsandcomberparish.com">www.newtownardsandcomberparish.com</a></p>	<p><u>HOLYWOOD Times:</u> St Colmcille's Church Daily: Tuesday - Thursday 9.30am, Mon &amp; Fri 7.00pm Weekend: Sunday 12noon <a href="http://www.stcolmcilleshollywood.org">www.stcolmcilleshollywood.org</a></p>
<p><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. <a href="http://www.churchservices.tv/ardglass">www.churchservices.tv/ardglass</a></p>	<p>streamed live from St Peter's Cathedral, Belfast on <a href="http://www.churchservices.tv/stpeterscathedral">www.churchservices.tv/stpeterscathedral</a> Sunday 11.00am</p>

**6 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](http://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.

**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](http://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](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.

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

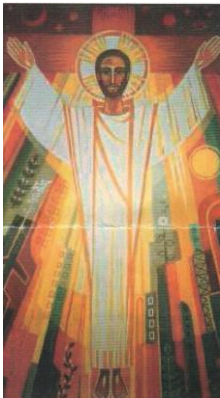
"Lough Derg has delayed the opening of the island for the 2020 Pilgrimage Season. We welcome the Government roadmap to ease restrictions and we hope that the Island will be able to open for the later weeks of the Three Day Pilgrimage Season. There will not be any One Day Retreats on the Island in May, 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](http://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](mailto:info@loughderg.org) main website: [www.loughderg.org](http://www.loughderg.org)

A new Camino-style pilgrim walk, **St Patrick's Way**, is being launched in Downpatrick from July 1st. New pilgrim guides, Martina Purdy and Elaine Kelly, will in turn lead pilgrims on the journey which includes Inch Abbey, Saul Church, the site of St Patrick's first church in Ireland, Slieve Patrick and the national monument, Struell Wells, and St Patrick's Grave. The BBC's Donna Traynor will walk a second 8 mile route with guides and pilgrims in Newcastle on July 4. Bookings for all or part of the walk, and details available at St Patrick Centre, Downpatrick on 028 44 619 000.

## Readings at Mass – 13<sup>th</sup> Sunday in Ordinary Time, 28<sup>th</sup> 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** - Ps 46: 2

All peoples, clap your hands.  
Cry to God with shouts of joy!

### 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** - 2 Kings 4:8-11,13-16 *This is a holy man of God; let him rest here*

One day as Elisha was on his way to Shunem, a woman of rank who lived there pressed him to stay and eat there. After this he always broke his journey for a meal when he passed that way. She said to her husband, 'Look, I am sure the man who is constantly passing our way must be a holy man of God. Let us build him a small room on the roof, and put him a bed in it, and a table and chair and lamp; whenever he comes to us he can rest there.' One day when he came, he retired to the upper room and lay down. He said to his servant Gehazi, 'Call our Shunammitess. Tell her this: "Look, you have gone to all this trouble for us, what can we do for you? Is there anything you would like said for you to the king or to the commander of the army?"' But she replied, 'I live with my own people about me.' 'What can be done for her then?' he asked. Gehazi answered, 'Well, she has no son and her husband is old.' Elisha said, 'Call her.' The servant called her and she stood at the door. This time next year,' he said 'you will hold a son in your arms.'

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

**Responsorial Psalm** Psalm 88(89):2-3,16-19

**Response: *I will sing for ever of your love, O Lord.***

I will sing for ever of your love, O Lord;  
through all ages my mouth will proclaim your truth.  
Of this I am sure, that your love lasts for ever,  
that your truth is firmly established as the heavens.

**Response**

Happy the people who acclaim such a king,  
who walk, O Lord, in the light of your face,  
who find their joy every day in your name,  
who make your justice the source of their bliss.

**Response**

For it is you, O Lord, who are the glory of their strength;  
by your favour it is that our might is exalted;  
for our ruler is in the keeping of the Lord;  
our king in the keeping of the Holy One of Israel.

**Response**

**Second reading** - Romans 6:3-4,8-11

*When we were baptised we went into the tomb with Christ,  
so that we too might live a new life*

When we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life.

But we believe that having died with Christ we shall return to life with him: Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that way, you too must consider yourselves to be dead to sin but alive for God in Christ Jesus.

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

**Gospel Acclamation** cf. 1P2:9

Alleluia, alleluia!

You are a chosen race, a royal priesthood,  
a people set apart to sing the praises of God,  
who called you out of darkness into his wonderful light.  
Alleluia!

**Gospel** - Matthew 10:37-42

*Anyone who loses his life for my sake will find it*

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.

'Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.

'Anyone who welcomes a prophet will have a prophet's reward; and anyone who welcomes a holy man will have a holy man's reward.

'If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.'

The Gospel of the Lord.

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

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## PRAYERS AT HOLY COMMUNION

### ANIMA CHRISTI

**Prayer to the Most Holy Redeemer**

Soul of Christ, sanctify me.

### **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*

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” (GI1)

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.

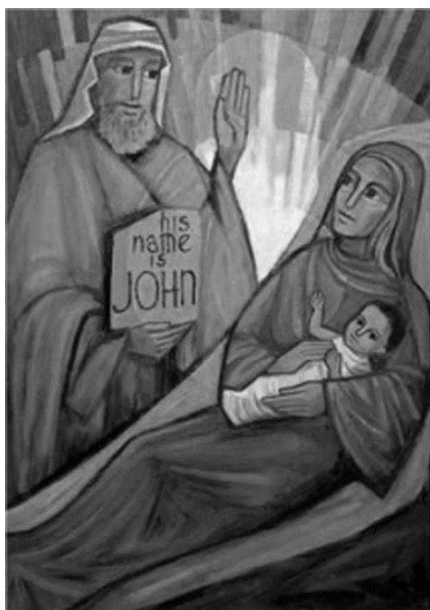
A mighty God is the Lord  
A great king above all gods.  
In his hand are the depths of the earth  
The heights of the mountains are his  
To him belong the sea for he made it  
The dry land shaped by his hand.

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