

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.

THE ASCENSION OF THE LORD – 16 May 2021

MASS TIMES NEXT WEEK: *Every day*
at **10AM**

Monday 17th to Friday 21st May
[no registration needed]



MASS TIMES NEXT WEEKEND:
PENTECOST SUNDAY

VIGIL SATURDAY 22nd May @ 6.30pm
SUNDAY 23rd May @ 10am, 12noon

online registration required.

*When registering please specify which Mass
you would like to attend.
[You will be contacted by text on Thursday
when you have been allocated your seat(s).]*

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/>

PRAYING WITH THE ICONS

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

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>

+++++

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!

We hope to raise funds to assist in health care and pandemic programmes in the developing world.

Donations via Just Giving are very welcome but if you wish to donate via cash or cheque, these can be put through the St. Comgalls Parish Office letterbox in an envelope clearly marked 'Trocaire Trekkers'. If you are eligible to claim Gift Aid please include your name and address and state that you are eligible to claim Gift Aid. Any money donated before May 16th will be matched by the government!!!

Thank you very much for your support!

Online donations can be made at www.justgiving.com/TrocaireTrekking

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'.



Your prayers are requested for Anniversaries:

Jimmy Caulfield, Anna Magill, Margaret & Bernard Barber, Pepe Roche, Harry Close, Teresa McCreesh, Geraldine Gorman, Vera & Brian Sharky, Brigid & Frank McQuade, Josie, Therese & John McVeigh, Peg & Teresa Burke, Catherine & James Brown, Jimmy Doherty, Alex Rogan, Willie Magill.

CONFIRMATION CLASSES 2021

We invite expressions of interest from parents of children not attending Catholic Schools who wish to have them confirmed. Please contact the parish office as soon as possible for registration.

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**

Donations of good quality furniture and clothing are suspended temporarily.

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.



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.

=====

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

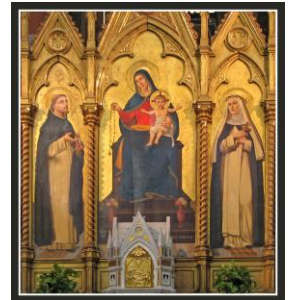
As you will have noticed we have refreshed our website and have given some new prayer resources: Look under **The Parish Today**

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

Pontifical Council – Prayer and supplication to **OUR BLESSED MOTHER MARY** in the Month of **MAY!**

In response to the Holy Father's heartfelt wish, the month of May will be dedicated to a "marathon" of prayer, to ask for the end of the pandemic, which has afflicted the world for more than a year now, and to ask for the resumption of social and work activities. Pope Francis wishes to involve all the Shrines around the world in this initiative, so that they may become vehicles of the prayer of the entire Church. The initiative is being conducted in the light of the biblical expression: **"Prayer by the Church was fervently being made to God"** (Acts 12:5).

The Pontifical Council for the Promotion of the New Evangelization, entrusted by the Holy Father with the task of organizing the event, has extended this invitation to all the Shrines around the world, in order to promote the diffusion of the initiative in the relevant Regions, so as to reach priests, families, and all the faithful, inviting them to join in this prayer of intercession and hope to the Blessed Virgin Mary.



All information can be found on the parish website: www.bangorparish.com under the 'Latest News Section'



On behalf of Friends of Columbanus Bangor, I am delighted to invite you to a lecture on **Saint Gall**, which will take place online, by zoom, on **Thursday 20 May, 12.30pm – 1.30 UK time or 1.30pm – 2.30pm Continental time**. We are thrilled that **Dr Cornel Dora**, the Director of the beautiful baroque St Gallen Library, Switzerland, has agreed to give a lecture entitled **Saint Gall – An Irish Treasure on the Continent**.

Cornel's talk will focus on the Irish monastic collection in St Gallen Library and he will add a few remarks about Gall's Irish origins, his personality, significance and worship in Saint Gallen.

To ensure that people are admitted on time, the zoom link will open at 12.20pm/1.20pm and the lecture, which lasts 40 minutes, will start promptly at 12.30pm/1.30pm. There will be 10 minutes at the end of the lecture to ask questions.

If you are interested in joining the lecture, please book your place by **Tuesday 18 May 2021** by replying to Deborah Girvan at deborah.girvan@ardsandnorthdown.gov.uk

Once you have registered, I will send you the zoom link on **Wednesday 19 May 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.

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.



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** over the next 3 months (April-June 2021) I will be leading a live Rosary broadcast with ShalomWorld Internet 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 Rosary.

THE ASCENSION OF THE LORD – 16 May 2021



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

 MAY 2021 	
Saturday 15th May St Carthage, Bishop	Saturday 22nd May Saint Rita of Cascia, Religious
Sunday 16th May The Ascension of the Lord	Sunday 23rd May PENTECOST SUNDAY
Tuesday 18th May Saint John I, Pope & Martyr	Tuesday 25th May Saint Bede the Venerable, Priest & Doctor, Saint Gregory VII, Pope, Saint Mary Magdalene de'Pazzi, Virgin
Thursday 20th May Saint Bernardine of Siena, Priest	Wednesday 26th May St Philip Neri, Priest
Friday 21st May Saints Christopher Magallanes & Companions, Martyrs	Thursday 27th May St Augustine of Canterbury

As we move through Lent, Trócaire would like to thank parishes across Ireland for their fantastic support of our 2021 Lenten Appeal in what is an unusual year for us all. We greatly appreciate the opportunities you have given for our staff and volunteers to talk at Masses, for your promotion of our work in your churches, websites and social media pages, and for helping us to raise vital funds that will help those who are most in need.

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 are suffering through no fault of their own.

PLEASE contact us if you need help. **07703679384**

Knock Shrine offers virtual pilgrimages

This year, as we find ourselves in unique and challenging times, pilgrimage Masses will be broadcast online from Knock Basilica every Sunday at 3pm. 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

Mary's Meals – Pray in May

This May, the month traditionally dedicated to Our Lady, we invite you to join us in our prayer campaign for the work of Mary's Meals, which is reaching more than 1.8 million children with a nutritious meal in 19 countries every school day. We pray in thanksgiving for each little act of love that makes this work possible, and we also pray for God's continued blessing on our beautiful mission, that through His providence it will always flourish enabling us to reach more hungry children. Prayer resources and further information can be found at www.marysmeals.org.uk/prayinmay



Thank God and sincere thanks also to our many listeners and supporters as RADIO MARIA IRELAND continues to grow. As an Irish-run Catholic Talk-Radio Station we enjoy commercial free broadcasting - Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – do join our growing faith family! Here's how you can listen:

1. Via Digital TV - Saorview Channel 210/ Freeview TV (Channel number varies per location in Northern Ireland)
2. Download our FREE App "RADIO MARIA IRELAND"
3. Streaming on our WEBSITE - www.radiomaria.ie (Subscribe and Donate here also)
4. Via our 'Listen Live Radio' link on our Facebook Page. (Like, Share and Follow us)
5. Via PHONE – get live radio feed by calling +353 (0) 1 437 3277 (no extra charges apply).

Why not drop a line to our Priest Director, Fr. Eamonn McCarthy, or send in your prayer or song requests to us at Radio Maria Ireland, St. Anthony's Business Park, Ballymount Road, Dublin 22.

Like 🇮🇪, Love ❤️, Listen 🎧, Share 📢 & Pray 🙏 with us also on our Facebook Page: 'Radio Maria – Ireland' and Social Media. Welcome to our Family – tune in, listen and join in the faith conversation!

Right To Life UK.

Below an intercessory prayer.

"We pray for all women going through unexpected pregnancies, that they would experience peace and support in their situations, and experience the many blessings that motherhood brings."

The Severe Fetal Impairment Abortion (Amendment) Bill will remove the current grounds in the Northern Ireland abortion regulations that were imposed on Northern Ireland that allow abortion for 'severe fetal impairment'. Under these grounds in the regulations, babies with disabilities including Down's syndrome, cleft lip and club foot can currently be singled out for abortion in Northern Ireland because of their disability and can be aborted right up to birth.

The Northern Ireland Health Committee is now undertaking a consultation on the Bill and is seeking submissions from the public. It is important that as many people as possible submit to the consultation in support of the Bill to clearly show that there is widespread support for this important change.

Right To Life UK has set up an easy-to-use tool on their website that makes it simple to complete your submission. This tool can be accessed [here](#).

PRAYER INTENTIONS

16th - *"We pray for all women going through unexpected pregnancies, that they would experience peace and support in this circumstance, and recognise the many blessings that motherhood brings. Lord hear us"*

23rd - *"As we celebrate the feast of Pentecost, we recall the fruits of the Spirit that are present in our lives. We pray that in our church's mission to serve the poor, broken and unborn, it would be anchored in love, joy, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Lord hear us"*

30th - *"We pray for our Government, that their ability to support pregnant women would increase and that they would anchor themselves on the desire to protect all human life. Lord hear us"*

Handmade Religious Gifts.

The Dominican Sisters of St Joseph have got you covered! We serve the Church through prayer, study, community life, and proclaiming the truth of the Catholic Faith in as many ways as possible - including art and beauty! We offer a wide range of affordable handmade rosaries, greetings cards, prayer cards, chaplets, prints and artwork. We also accept requests for bespoke commissions to suit your needs. Browse our Etsy store at <https://www.etsy.com/shop/dominicards/>

All proceeds from our products go towards supporting our life and mission.

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.

=====

"The Healing Power of Poetry" with Sr Una Agnew SSL PhD

hosted by Drumalis via Zoom from 10:30 am – 12:00 noon (20 & 27 May and 3 June)

Focusing on the poets Patrick Kavanagh and Seamus Heaney, these three sessions led by Sr Una Agnew will look at some of the ways in which poetry offers an alternative mind-set to experiences of social unrest, self-questioning, isolation, failure, and personal loss and gifts us instead with moments of perspective, meaning, transcendence and spiritual healing. Suggested Donation: £30 per person. For further details or to book a place, please contact Drumalis during office hours (Mon-Fri, 9 am – 5 pm) – 028 28272196/28276455 or email drumalis@btconnect.com

FREE online workshops we have coming up over the next few weeks which have been designed specifically for Places of Worship in Northern Ireland:

Funding Regular Maintenance and Urgent Repairs (Tuesday 18th May 2pm) – online workshop looking at the Treasure Ireland Grant Programme and other funding available to Places of Worship in Northern Ireland through the National Churches Trust. Book your free place here: <https://www.eventbrite.co.uk/e/funding-regular-maintenance-and-urgent-repairs-tickets-146636502727>

Heritage Organisations and Places of Worship in Northern Ireland (Wednesday 19th May 2.30pm) - An ONLINE workshop for Places of Worship in Northern Ireland who are thinking about setting up a Heritage Organisation. Book your free place here: <https://www.eventbrite.co.uk/e/heritage-organisations-and-places-of-worship-in-northern-ireland-tickets-154430681325>

Every Church has its own story to Tell (Wednesday 9th June 10.30am) - The first of three interactive "Communications and Marketing" workshops designed for Places of Worship in Northern Ireland and focussing on how Churches can tell their stories. Book your free place here: <https://www.eventbrite.co.uk/e/every-church-has-its-own-story-to-tell-tickets-148631074545>

Church Storytelling and Interpretation (Monday 14th June 10.30am) - The second of three interactive "Communications and Marketing" workshops designed for Places of Worship in Northern Ireland and focussing on how Churches can tell their stories. Book your free place here: <https://www.eventbrite.co.uk/e/church-storytelling-and-interpretation-tickets-148636145713>

Storytelling and Marketing (Wednesday 16th June 10.30am) - The third of three interactive "Communications and Marketing" workshops designed for Places of Worship in Northern Ireland and focussing on how Churches can tell their stories. Book your free place here: <https://www.eventbrite.co.uk/e/storytelling-and-marketing-tickets-148637178803>

The Mirror:

SUBSCRIBE TO THE MIRROR

