

# 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: Mon-Fri 9.30pm to 1pm.

3<sup>rd</sup> SUNDAY of EASTER – 1 8 April 2021



Your prayers are requested for

**Month's Mind:** Duncan McLaughlan  
**Anniversaries:**

Patrick McMahan, Alice O'Malley, Marie Coulter, Lily McCready, Gerry McCready, Pearl Connor.

## 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](http://www.bangorparish.com)

(Daily) **by 11.30am.** [Sat vigil] **by 9pm.**

## 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.



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

**Monday 19<sup>th</sup> to Friday 23<sup>rd</sup> April**  
*[no registration needed]*



**MASS TIMES NEXT WEEKEND:**  
**VIGIL SATURDAY 24<sup>th</sup> April @ 6.30pm**  
**SUNDAY 25<sup>th</sup> April @ 10am, 12noon**  
**online registration required.**

*When registering please specify which Mass you would like to attend.*

*[You will be contacted by text when you have been allocated your seat(s), please allow 48hours, Mon-Fri.]*

**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'

Below are links to articles and reflections:

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**Patris Corde** - A very short article by Fr Tomás Surlis (Rector of the National Seminary) on *Patris Corde (with a Father's Heart)*, the meditation by Pope Francis on St. Joseph.

<https://vocations.ie/2021/04/01/year-of-st-joseph-honours-humble-courageous-father/>

Recently uploaded a reflection on Vocation please use the following link:  
<https://vocations.ie/2021/03/26/who-is-god-calling-you-to-be/>

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## In Conversation with Sr Nathalie Becquart

Sr Nathalie Becquart will join **the Catholic Chaplaincy at QUB** live from Rome next **Wednesday, 21 April at 7pm.** Sr Natalie was appointed as undersecretary to the Synod of Bishops by Pope Francis earlier this year, becoming the first woman to hold this position in Church history.

This online event is organised and facilitated by **Blest, Chaplaincy's new group for women students.** Everyone is welcome to join the student-led conversation. **Zoom ID: 89575216842 Passcode: Synod21**

## 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'.

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

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

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## 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... November 2020**  
Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanna.
- Family Creative Prayer.

### 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.



### *Journey with the Gospels through the Easter season to Pentecost!*

Over Lent people from across the Diocese joined in an online programme to learn the method of praying with scriptures known as *Lectio Divina* – Divine Reading. This Easter season, we invite you to join us online for a time of discussion and praying with Scripture through Lectio Divina. The groups are facilitated by Aisling and Louise from the Living Church team on Zoom.

There are two groups available for you to choose from Monday or Thursday evenings at 7pm.

The program will run for 6 weeks starting on **Monday 12th April or Thursday 15th April**. It will be great for us to connect with one another and to the Word of God.

To take part email [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org) and

you will receive the log in details for the session. We look forward to welcoming you!

### 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.

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.

**Trócaire's Lenten Appeal will still be active for a period of time after Easter and all donations to the appeal from the public in NI made before 16<sup>th</sup> May will be matched pound for pound by the UK government, up to £2m.** Supporters who sign up for a monthly gift, or increase their monthly gift before the 16<sup>th</sup> May deadline, will have three instalments matched.

These matched funds will help thousands of people in South Sudan to grow enough food to feed their families. It will also support strong women like Awut and Ajak – the women featured on this year's Trócaire Lent Box – in having their voices heard in decisions affecting them. The more funds we can raise by 16<sup>th</sup> May, the more we are able to help families hurt by conflict to survive and thrive.

**Prayer Online:** Come and join us at... [www.soulparemission.com](http://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](http://www.swprayer.org) Please be assured that I will be including all the parishioners and their families during this Rosary.



### 3<sup>rd</sup> Sunday of Easter – 18 April 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

##### 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](http://www.knockshrine.ie)

##### Mary's Meals Campaign

Despite the challenges of another lockdown, we embrace the start of a new year with the hope of better times and continue to be inspired by your love and support for our work.  
Contact us at Mary's Meals E: [info@marysmeals.org](mailto:info@marysmeals.org)

##### GIVE BLOOD

**Hamilton Road, Presbyterian Church, Bangor**  
**FRIDAY 23<sup>rd</sup> APRIL**  
**1pm – 4pm & 5pm – 7.30pm**  
**Now by appointment only – 08085 534 653**

##### 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**

##### 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](mailto:info@acnireland.org) if you would like to join us weekly to pray for the persecuted Church.

UPDATES FROM North Down Community Network -

**UPDATES TO CURRENT RESTRICTIONS**

Our Community Hub remains closed for walk ins, however, there is a member of staff here each week day, should anyone need to knock on our door or call for support. Staff will continue work remotely and help deliver essential shopping and pick up prescriptions for those who need it. Again, our booklet will help those seek a service of support depending on their need and the link is attached to download as a PDF -

<https://ndcn.co.uk/wp-content/uploads/2020/12/Winter-Booklet-2020.pdf>

full brochure found on the parish website - under 'Bulletin' subfolder 'noticeboard'...

**Right To Life UK. [Stand Up and Smile campaign](#)** to protect babies with cleft-lip and club foot. 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."*

Suggested prayer intentions for the coming weeks:

**18<sup>th</sup> APRIL** - *"We pray for all unborn children diagnosed with disabilities. We pray for protection for them and their mothers from the pressures of society to consider abortion, and that they and their mothers would instead experience overwhelming support from all who surround them. Lord hear us"*

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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](http://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!

**AID TO THE CHURCH IN NEED**

**ACN LENTEN Campaign**

**Our Martyrs**

**The Mirror:  
The Domestic Church**

If you have been inspired by our work, consider subscribing to our monthly publication, 'The Mirror'. February's issue is 'The Domestic Church'. **Each month, we highlight the many injustices faced by Christians around the world and the work we do to combat this.** We also offer thought-provoking articles to help elevate our readers hearts and minds towards God our Saviour and towards the suffering Body of Christ...

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