

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.

16th Sunday in the Year – 18 July 2021

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

Monday 19 to Friday 23 July 2021

[no registration needed]



MASS TIMES NEXT WEEKEND:
17th Sunday of the Year

VIGIL SATURDAY 24th July @ 6.30pm
SUNDAY 25th July @ 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'*

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 23rd July 2021**

***Down and Connor Diocesan Trust
is an Equal Opportunities Employer***



**Your prayers are requested for
Recently Deceased:** Nigel Allen,
Annemarie O'Hara

Anniversaries:

Josephine O'Loan, Michael O'Mahony,
Josephine McAlinden, John Quinn,
John Braniff, John O'Keefe, John Donaghy,
Lizzie O'Brien, Daniel Williams,
William Curran, James Curran, Ted Edge,
Christine Kane.

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

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.parishofbangor). 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.

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

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/TrocaireTrekks

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**

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.



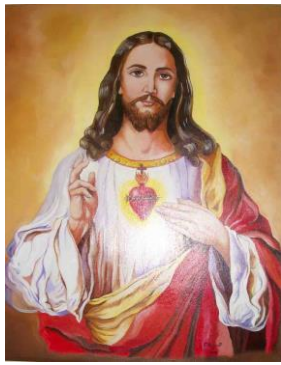
Angel Guardian

"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."

The ACRE PROJECT is now recruiting a **Manager for our LOCAL CLIMATE DEVELOPMENT INITIATIVE** in Northern Ireland. The Project operates out of the values of Laudato Si' and works with local community groups on a cross-community basis to develop new initiatives to save our planet. The post is part-time: 22.5 hours a week, flexible hours.

The salary is circa £30,000 pro rata. For full details please see:

<https://www.communityni.org/job/manager-acre-project-local-climate-development-initiative>



16th Sunday in the Year – 18 July 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

JULY 2021

Friday 16th July

Our Lady of Mount Carmel

Saturday 17th July

Blessed Virgin Mary

Sunday 18th July

16th Sunday in the Year

Tuesday 20th July

Saint Apollinaris, Bishop & Martyr

Wednesday 21st July

Saint Lawrence of Brindisi, Priest & Doctor

Thursday 22nd July

Saint Mary Magdalene

Friday 23rd July

Saint Bridget of Sweden, Religious, Patroness of Europe

Saturday 24th July

Saint Declan, Bishop & Saint Sharbel Makhluof, Priest

Sunday 25th July

17th Sunday in the Year

Monday 26th July

Saint Joachim and Saint Anne, parents of Mary Our Mother, Queen Immaculate

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 (July-September 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.

DIPLOMA IN PASTORAL THEOLOGY

Drumalis Retreat Centre, in association with St Patrick's Pontifical College, Maynooth, invite applications for this two-year, part-time, intensive course which begins in September 2021. Further information available at <http://www.drumalis.co.uk>, by emailing maura@drumalis.co.uk or by phoning Drumalis during office hours (Mon-Fri, 9 am – 5 pm), 028 2827 2196/2827 6455.

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>

Knock Shrine offers virtual pilgrimages in unique times

Knock has always been a place of welcome, sanctuary and sacredness. Its role as Ireland's National Marian Shrine makes it a symbol of unity, family and togetherness. Since 1880, pilgrimage groups have made their way to Knock, bringing with them their prayers and petitions. Special pilgrimage Sundays have long been a central part of the annual calendar at Knock Shrine and the season traditionally begins on the last Sunday in April.

This year, as we continue to 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.

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.

RIGHT TO LIFE UK.

Ask your MP to sign a Parliamentary motion to stop 'DIY' abortion

Carla Lockhart MP has launched a parliamentary motion calling on the Government to end 'DIY' home abortion.

It is therefore vital that as many MPs as possible sign Carla Lockhart's motion to send a clear message to the Government that they must end dangerous 'DIY' home abortion services as soon as possible.

Right To Life UK has launched an easy-to-use tool which makes it simple for you to send an email to your MP asking them to sign the motion. Please click the link below to contact your MP now. It only takes 30 seconds!

www.righttolife.org.uk/DIYmotion

DIOCESE OF DOWN & CONNOR

Summer Singing School for Boys

Monday 9 August – Friday 13 August 2021

St Dominic's Grammar School, Dominican Convent, 135 Falls Road, Belfast BT12 6AE

The scheme is aimed at boys aged 8–16 who want to improve their singing voice and musical skills. It is ideal for boys who have a passion for music and want to take their singing training to the next level.

Applications available from Saint Peter's Cathedral House or by emailing schola@downandconnor.org

Theology of the Arts. Does the Church Need Art?

The Priory Institute week-long online Summer School will run from 8-13 August and again from 22-27 August. The course includes six recorded presentations and is very flexible as it is delivered entirely online.

Find out more and register on prioryinstitute.com or click [here](#)

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.

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),



Aid to the
Church in Need
ACN IRELAND

AID TO THE CHURCH IN AID

New message from kidnapped religious sister

IN 2017, SISTER GLORIA, A FRANCISCAN RELIGIOUS SISTER FROM COLOMBIA, WAS KIDNAPED BY AN ISLAMIST GROUP IN MALI. RECENTLY, HER BROTHER EDGAR RECEIVED A LETTER FROM HER VIA THE RED CROSS. EDGAR GAVE ACN AN UPDATE ON HIS SISTER.



By ACN Staff

Sister Gloria Narváez Argoti. (Credit: Aid to the Church in Need)
On 7th February 2017, Sister Gloria Narváez Argoti (57) from Colombia was kidnapped in Mali by an Islamist group. **It is believed that she is now being held by the Group for the Support of Islam and Muslims or *Groupe de soutien à l'islam et aux musulmans* (GSMI). GSMI is believed to have links with Al Qaeda through an alliance of Islamist groups operating in the Sahel region on West Africa.** The Colombian religious sister is a member of the Congregation of the Franciscan Sisters of Mary Immaculate and had been on mission for 12 years in Africa, specifically Benin and Mali. At the time of her kidnapping, Sister Gloria had been helping to run a mission in Karangasso, Mali.

Sister Gloria (centre) and her brother Edgar (Right). (Credit: Aid to the Church in Need)

A note from Sister Gloria to her brother has been sent to Aid to the Church in Need (ACN). The note was delivered to Sister Gloria's brother, Edgar, via the Red Cross. The note is 11 lines long and is dated 3rd February 2021. In the note she tells her brother that she had been handed over to another Islamist group, that is GSMI. **In her note Sister Gloria asks for prayers:**

"May they all pray a great deal for me. May God bless them all. I am hopeful that God will help me to regain my freedom. Your loving sister, Gloria."

Edgar had written to Sister Gloria to tell her that their 87-year-old mother had passed away. Speaking to ACN Edgar said that his sister is well everything considered. She is however missing one of the captives who was held with her, French doctor Sophie Petronin. Dr. Petronin was released in October 2020.

Edgar gives more details:

"They were together for four years, they lived together, ate together, slept in the same tent. They were guarded but enjoyed a degree of freedom. Up to a point, they were able to go outside and count the stars, the pebbles and the animals passing by, in order to kill time, because they had nothing else to do. They were given breakfast lunch and tea, there were medicines and a doctor, and they were treated well because they were women, and on account of my sister's religious habit they showed her great respect."

An international mission team headed by Colombia went over to Mali to secure the release of Sister Gloria. The mission failed and had to leave Mali this June due to security instability. **Edgar told ACN that all he wants is for his sister to be released. Please join us in prayer that Sister Gloria may soon be released.**



<https://www.acnireland.org/donate>

<https://www.acnireland.org/mass-rocks>