

# 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  
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## 16<sup>th</sup> Sunday in Ordinary Time – 19 July 2020

### RE-OPENING OF BANGOR PARISH FOR PUBLIC MASS

IN THE WEEK BEGINNING THE 20<sup>TH</sup> JULY WE HOPE TO HAVE **3 PUBLIC MASSES.**  
**THE FIRST ON TUESDAY 21<sup>ST</sup> JULY** - IN SAINT COMGALL'S PARISH CENTRE.

PLEASE REGISTER USING THE CONTACT FORM on the parish website [www.bangorparish.com](http://www.bangorparish.com)

Dear Parishioner,

There will be three Masses in the Parish Centre in week 20<sup>th</sup> – 27<sup>th</sup> July. Please sign up for the first Mass on **TUESDAY 21<sup>ST</sup> JULY. Mass will be at 10:00 am** in the **Parish Centre** using the **two metre** distancing rule. The Parish Centre can accommodate **68** persons while the Church can hold only 58.

The Covid-19 virus is still circulating and all necessary sanitising advice supplied by the Diocese following government recommendations will be strictly adhered to. Three stewards will be needed for each Mass to ensure social distancing outside the centre, to sanitise the hands of those entering and to direct them to their pre-allocated seat. We need volunteers to steward and to clean and anyone over the age of 18 who would like to do so is invited to contact the parish by email as soon as possible.

As part of Track and Trace everyone will be required to apply for Mass online. This will also prevent people from having to be turned away because the number of permitted attendees has been reached. I do not want people who have made the considerable physical and psychological effort to come to Mass to be turned away at the door. **Applications will be dealt with on a first come first served basis. You may apply for a Mass but may not specify which one.** A Mass and a seat will be allocated to you. If you cannot avail of this allocation please let us know so that someone else may do so. I am fully aware that this will cause many difficulties and it goes against every custom and every tradition that we hold dear but the aim is to provide Mass to as many people as possible while keeping everyone safe.

International experience has shown churches can be a source of infection spikes. The places you occupy will be cleaned after you use them and time must be given for them to dry before the next Mass. The doors of the centre will remain open to provide ventilation and the toilets will remain **CLOSED. Masks must be worn.**

I realise that these are onerous conditions to impose for the celebration of the Mass which is a coming together of the Parish but the primary aim is the safety of all. I should be very grateful if you would tell as many people as possible about this notice and the means of applying for Mass.

Should you wish to apply to come to a public Mass please fill out the form online and it will automatically go to the parish office. We will then be in contact with you to confirm the allocated Mass, day and date. Your patience is requested as the Parish Secretary is furloughed and consequently everything is being done much less efficiently than normal. **Communication with all parishioners is very difficult at the moment please alert other parishioners to this notice.** With every best wish and sincere thanks for your assistance in this important but highly complicated matter.

Fr J Gunn PP

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(IMAGE ONLY BELOW) – please go on to the website to register. [www.bangorparish.com](http://www.bangorparish.com)

[Application to Attend Mass](#)

#### Your Details

Family Name \*  Email Contact \*

Address \*  Mobile Phone \*

How Many Family Members wish to attend?

Names of family Members who wish to attend Mass \*

**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.

**PRIVATE PRAYER** will take place before and after the public Mass in the hall.

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**Next week there will be three Public Masses** in the **Parish Centre at 10am.**

Register on the parish website to be allocated a sit on a first come basis.

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**CONFESSIONS** will take place after all daily Masses.

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YOU CAN ASSIST AT MASS BROADCAST FROM THE PARISHES AS LISTED BELOW

**MASS TIMES DURING COVID-19**

NEWTOWNARDS Times:

St Patrick's Church

Daily Mon-Friday 9.30am

Weekend: Sat 6.30pm

Sunday 11.30am

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

**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 Anniversaries:



Josephine O'Loan, Fred York, William Curran, Ted Edge,  
Christine Kane, James Curran.

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.

**5 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. 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)

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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.

<p><b>Lough Derg Pilgrimage Season 2020</b>          "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 <a href="http://www.loughderg.live">www.loughderg.live</a> 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  <b>ONLINE RETREAT DAYS</b> – Contact the team by email <a href="mailto:info@loughderg.org">info@loughderg.org</a> main website: <a href="http://www.loughderg.org">www.loughderg.org</a></p>	<p><b>"Abiding Memories: Mary Magdalene"</b>          Short Online Course by Zoom led by Sr Pam Thimmes OSC hosted by <a href="http://www.drumalis.co.uk">DRUMALIS</a> over 2 sessions, <b>Sat, 1 &amp; Sat, 8 August (10:00 am – 12:30 pm)</b> For further information or to book a place (£25 per person or £40 per household), please contact 028 8276455/28272196 during office hours (Mon-Fri, 9 am – 5 pm). Details are also available on the Drumalis website - <a href="http://www.drumalis.co.uk">http://www.drumalis.co.uk</a></p>
<p><b>SHALOM MEDIA:</b> Dear Friend in Christ, May the peace and joy of the Lord reign in your hearts especially during this time. Even though we are unable to gather together physically due to coronavirus, Shalom continues to have programs to strengthen faith and give hope in dark times. In the current situation of the pandemic, Shalom ministry has taken an initiative to do the Daniel fasting prayer to implore the Lord Almighty.  <i>Daniel fasting – 21 days spiritual journey with prayers and sacrifices from <b>Aug 1st to Aug 21st</b> - is the deliberate and intentional dedication to focus on God and humbling oneself in the presence of almighty God. We do this with the same fervour and urgency shown by prophet Daniel for his people and nation. Expecting a great manifestation of God's power upon the current pandemic, we lift our hands and hearts to the Lord for supernatural breakthroughs in our lives and in the world.</i>          "I ate no savoury food, took no meat or wine, and did not anoint myself at all until the end of the three weeks" (Daniel 10:3)          Fr. Roy Varghese Palatty CMI (Spiritual Director, Shalom Media) will be leading this initiative. We welcome you to join us in this prayer and share this message with as many people as possible, so that tens of thousands all over the world can join together in unison calling upon our Abba, Father and seeking his mercy and grace.          For more details about Daniel Fasting Prayer please visit our website link <a href="http://www.shalommedia.org/danielfasting">http://www.shalommedia.org/danielfasting</a>  <b>Registration for this event is free.</b></p>	

## Readings at Mass – 16<sup>th</sup> Sunday in Ordinary Time, 19<sup>th</sup> July.



**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 53: 6, 8

See, I have God for my help.  
 The Lord sustains my soul.  
 I will sacrifice to you with willing heart,  
 and praise your name, O Lord, for it is good.

**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 - Wisdom 12:13,16-19** · *You will grant repentance after sin*

There is no god, other than you, who cares for every thing, to whom you might have to prove that you never judged unjustly. Your justice has its source in strength, your sovereignty over all makes you lenient to all. You show your strength when your sovereign power is questioned and you expose the insolence of those who know it; but, disposing of such strength, you are mild in judgement, you govern us with great lenience, for you have only to will, and your power is there. By acting thus you have taught a lesson to your people how the virtuous man must be kindly to his fellow men, and you have given your sons the good hope that after sin you will grant repentance.

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

**Responsorial Psalm Psalm 85(86):5-6,9-10,15-16**

**Response: O Lord, you are good and forgiving.**

O Lord, you are good and forgiving,  
full of love to all who call.  
Give heed, O Lord, to my prayer  
and attend to the sound of my voice.

**Response**

All the nations shall come to adore you  
and glorify your name, O Lord:  
for you are great and do marvellous deeds,  
you who alone are God.

**Response**

But you, God of mercy and compassion,  
slow to anger, O Lord,  
abounding in love and truth,  
turn and take pity on me.

**Response**

**Second reading - Romans 8:26-27** · *The Spirit himself expresses our plea in a way that could never be put into words*

The Spirit comes to help us in our weakness. For when we cannot choose words in order to pray properly, the Spirit himself expresses our plea in a way that could never be put into words, and God who knows everything in our hearts knows perfectly well what he means, and that the pleas of the saints expressed by the Spirit are according to the mind of God.

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

## **Gospel Acclamation - cf.Ep1:17,18**

Alleluia, alleluia!

May the Father of our Lord Jesus Christ  
enlighten the eyes of our mind,  
so that we can see what hope his call holds for us.

Alleluia!

## **The Gospel of Matthew 13:24-43**

*Let them both grow till the harvest*

Jesus put another parable before the crowds: 'The kingdom of heaven may be compared to a man who sowed good seed in his field. While everybody was asleep his enemy came, sowed darnel all among the wheat, and made off. When the new wheat sprouted and ripened, the darnel appeared as well. The owner's servants went to him and said, "Sir, was it not good seed that you sowed in your field? If so, where does the darnel come from?" "Some enemy has done this" he answered. And the servants said, "Do you want us to go and weed it out?" But he said, "No, because when you weed out the darnel you might pull up the wheat with it. Let them both grow till the harvest; and at harvest time I shall say to the reapers: First collect the darnel and tie it in bundles to be burnt, then gather the wheat into my barn.'"

He put another parable before them: 'The kingdom of heaven is like a mustard seed which a man took and sowed in his field. It is the smallest of all the seeds, but when it has grown it is the biggest shrub of all and becomes a tree so that the birds of the air come and shelter in its branches.'

He told them another parable: 'The kingdom of heaven is like the yeast a woman took and mixed in with three measures of flour till it was leavened all through.'

In all this Jesus spoke to the crowds in parables; indeed, he would never speak to them except in parables. This was to fulfil the prophecy:

I will speak to you in parables

and expound things hidden since the foundation of the world.

Then, leaving the crowds, he went to the house; and his disciples came to him and said, 'Explain the parable about the darnel in the field to us.' He said in reply, 'The sower of the good seed is the Son of Man. The field is the world; the good seed is the subjects of the kingdom; the darnel, the subjects of the evil one; the enemy who sowed them, the devil; the harvest is the end of the world; the reapers are the angels. Well then, just as the darnel is gathered up and burnt in the fire, so it will be at the end of time. The Son of Man will send his angels and they will gather out of his kingdom all things that provoke offences and all who do evil, and throw them into the blazing furnace, where there will be weeping and grinding of teeth. Then the virtuous will shine like the sun in the kingdom of their Father. Listen, anyone who has ears!'

The Gospel of the Lord.

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

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## **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