

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: Closed.

18th Sunday in Ordinary Time – 2 August 2020

RE-OPENING OF BANGOR PARISH FOR PUBLIC MASS

FOR YOUR DIARY

The **First Vigil Mass** in St Comgall's Church, Brunswick Rd will be on **15th August at 6.30pm** and then on **Sunday at 10am**, 16th August, [provided we have sufficient stewards and cleaners in place.](#)
If you can volunteer please email the parish office. Many thanks.

MASS NEXT WEEK: WEDNESDAY 5TH August at 10am, SATURDAY VIGIL 8TH August at 6.30pm & SUNDAY 9th August at 10am in SAINT COMGALL'S PARISH CENTRE.

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

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

PLEASE REGISTER USING THE CONTACT FORM on the parish website www.bangorparish.com

Dear Parishioner,

Please sign up for **MASS** 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. 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.** A seat(s) 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

We will be returning to the Church in Mid-August. This will require much more cleaning and in order for this to happen volunteers are needed urgently. We will need 3 stewards and 4 cleaners per Mass. Contact the parish office by email if you are able to help.
Thank you for those who have already offered.

Your prayers are requested for

Recently Deceased: Molly Donegan.

Anniversaries: Maureen McGrattan, Thomas McDade, Joseph Waugh, James Curran, Seamus Curran, Vera Coburn, Tome Bowler, Joseph McCann, Julia Hollywood, Catherine Forte, Jack & Madge Murray, Charles Martin, Patrick Carney, Patrick McKinley, Michael & Margaret McCrory, Nadine Stilges, Elizabeth Donahue, Paddy Healy, Josephine Brown, Charles Martin, Monica Atkinson, Margaret Quinn, Tom Bowler, Mary Keenan.



List of Directions for attending Mass in line with the Government Guidelines.

1. Enter the Parish Centre through the front double doors only.
2. Exit the Parish Centre through the middle double doors only.
3. There will be hand-sanitisers on entering the Parish Centre in the foyer and the steward will confirm your seat number and direct you to your seat(s). Families / households are seated together – (2 metre rule). Remember social distancing as you enter the Main Hall and that the Tabernacle is present for personal prayer before Mass. There will be a time of prayer after Mass so reverence on entering and exiting allows for this time of personal silent prayer.
4. Confession will be offered after all Masses.
5. Envelope collections or donations can be given to one of the stewards when entering or leaving.
6. A mask must be worn at all times within the Parish Centre building.
7. Distribution of Holy Communion will be given directly to you at your seat. You will receive Holy Communion on the hand only. The host will be placed on your hands. The Priest will sanitise his hands before distribution of Holy Communion and will wear a face mask.
8. During the Covid emergency the normal Sunday obligation to attend Mass has been suspended and attendance at any Mass will suffice.
9. The parish secretary will be back in the parish office from Monday 27th July - 9.30am to 1.00pm and therefore for those who have no access to the online registration they can telephone and book in with Jacinta.

**We are all in a new way of attending Mass to ensure the safety of everyone coming to Mass.
We will continue to keep you informed as and when the regulations change.
The most important thing is that everyone feels safe.**

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

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Public Masses in the **Parish Centre**
Register on the parish website to be allocated a sit on a first come basis.
www.bangorparish.com

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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 Parish Centre
Daily Mon, Wed, Friday 9.30am
Weekend: Sat 6.30pm, Sunday 11.30am
www.newtownardsandcomberparish.com

Podcast audio Mass is available on the parish website
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**

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.

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

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 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 main website: www.loughderg.org

Growth in Prayer and Reflective Living Drumalis, Larne – commencing Monday, 14 September (online by Zoom)

Due to the success of last year's course, applications are now being accepted for the new intake of this one-year programme for those who want a closer relationship with God. Living out faith isn't easy against the backdrop of our fast-paced, noisy and instantaneous culture. The **Growth in Prayer and Reflective Living** course will give you the tools and space to become attuned to God's voice in the midst of the clamour.

Taking place over 30 Monday Evenings from 7 pm – 9:30 pm, the course will take place initially by Zoom and eventually in-house when Drumalis re-opens. Please note that it will also be possible to attend the whole series by Zoom if this is your preference.

For further information, please contact 028 28276455/28272196 during office hours (Mon-Fri, 9 am – 5 pm) or email maura@drumalis.co.uk Details are also available on the Drumalis website - <http://www.drumalis.co.uk>

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) 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.

"Abiding Memories: Mary Magdalene"

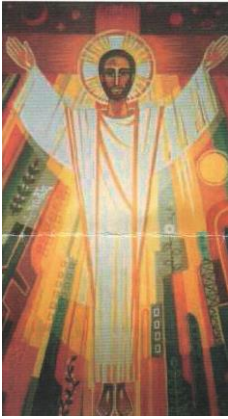
Short Online Course by Zoom led by Sr Pam Thimmes OSC hosted by [DRUMALIS](http://www.drumalis.co.uk) over 2 sessions, **Sat, 1 & Sat, 8 August (10:00 am – 12:30 pm)** For further information or to book a place (£25 per person or £40 per household), please contact 028 8276455/28272196 during office hours (Mon-Fri, 9 am – 5 pm). Details are also available on the Drumalis website - <http://www.drumalis.co.uk>

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), 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.

This virus knows no borders, but neither does our compassion.

Readings at Mass – 18th Sunday in Ordinary Time, 2nd August.



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 69: 2, 6

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

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 - Isaiah 55:1-3 · Come and eat

Thus says the Lord:

Oh, come to the water all you who are thirsty;
though you have no money, come!
Buy corn without money, and eat,
and, at no cost, wine and milk.
Why spend money on what is not bread,
your wages on what fails to satisfy?
Listen, listen to me, and you will have good things to eat
and rich food to enjoy.
Pay attention, come to me;
listen, and your soul will live.
With you I will make an everlasting covenant
out of the favours promised to David.

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

Responsorial Psalm - Psalm 144(145):8-9,15-18

Response: You open wide your hand, O Lord; you grant our desires.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.

Response

The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live.

Response

The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
who call on him from their hearts.

Response

**Second reading - Romans 8:35,37-39 · No created thing can ever come between us
and the love of God made visible in Christ**

Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. These are the trials through which we triumph, by the power of him who loved us.

For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.

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

Gospel Acclamation -

Alleluia, alleluia!

Man does not live on bread alone,
but on every word that comes from the mouth of God.
Alleluia!

Gospel - Matthew 14:13-21 *The feeding of the five thousand*

When Jesus received the news of John the Baptist's death he withdrew by boat to a lonely place where they could be by themselves. But the people heard of this and, leaving the towns, went after him on foot. So as he stepped ashore he saw a large crowd; and he took pity on them and healed their sick.

When evening came, the disciples went to him and said, 'This is a lonely place, and the time has slipped by; so send the people away, and they can go to the villages to buy themselves some food.' Jesus replied, 'There is no need for them to go: give them something to eat yourselves.' But they answered 'All we have with us is five loaves and two fish.' 'Bring them here to me' he said. He gave orders that the people were to sit down on the grass; then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves handed them to his disciples who gave them to the crowds. They all ate as much as they wanted, and they collected the scraps remaining; twelve baskets full. Those who ate numbered about five thousand men, to say nothing of women and children.

The Gospel of the Lord.

R: Praise to you, Lord Jesus Christ.

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