

# 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.

4<sup>th</sup> SUNDAY OF ADVENT – Sunday 20<sup>th</sup> December 2020

## PUBLIC MASS NEXT WEEK:

**TUESDAY 22<sup>nd</sup> , WEDNESDAY 23<sup>rd</sup> at 10am**  
**NO ONLINE REGISTRATION NEEDED.**

in St Comgall's Church, Brunswick Road

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## CHRISTMAS MASS TIMES

**Christmas Eve Vigil:**  
**5pm, 7pm, 9pm – FULLY BOOKED**

**Christmas Day:**  
**11am – FULLY BOOKED**

**CHRISTMAS DAY:**  
**9am & 1pm seats still available.**



**Please do not just turn up as only those who have booked will be able to attend. This is a very different Christmas for us all and we are setting all the procedures in place to keep everyone safe while observing the restrictions by the Northern Ireland Executive.**

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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/>

Please note Daily Mass will be recorded for the Parish Podcast and available at the usual times: 11am weekday, 8pm Saturday.

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## MORNING & EVENING PRAYER – Bangor Parish Podcast – Sundays in Advent, **FOURTH SUNDAY** –

<https://www.bangorparish.com/advent-prayer-podcasts/>

Deacon James McAllister & Sr Maura Gallahue (Columban Sister)

We begin our preparation for the coming of Christ at Christmas. Not for many years has the need for light in our darkness and community hope been as patently obvious as this year. We pray that the Prince of Peace may bring that gift to our families and to all we meet in these days of heightened stress and anxiety. We are a people of hope tasked with displaying it in love. The source of our love is God approached in prayer, both private and communal. You are invited to join in the parish offering of Morning & Evening Prayer of the Sundays of Advent for your intentions. As we are asked to practice solidarity by separating ourselves from one another, may we be united as a faith-filled community. We are grateful to Sr Maura and Deacon James for leading these prayers. *Fr Joseph Gunn*



## Your prayers are requested for

### Recently Deceased:

Mary Troupe, Ronnie Burns,  
Orla Quigley (O'Reilly)

**Month's Mind:** Kathleen Horan (McPoland)

**Anniversaries:** Michael Foley, Phil Jones, Michael Thompson, Maude & Archie McKillop, Eileen Young, Annie Coan, James McGarry, Margaret Johnston, Margaret Beggs, Billy Gardiner, Michael Reilly, Colm Burke, Ernest Nannery, Martha & Jack Woodhouse, Gladys McFarland, May & Joe Devlin.

## 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'.

## Bethany Bereavement Support Group

we are here to support and listen.  
Confidential. **075 1085 2157**

## St Vincent de Paul

**Helpline 077 0367 9384**



## SVdeP Christmas Cards

on sale see page two of bulletin for more info.

## 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.



## Café Donaghadee

£500.00 has been donated to the Night Shelter for the Belfast Rough Sleepers. Donations of Warm Fleeces and Toiletries have been handed to them as well. Thank you for your generosity and kindness during this Christmas Season. God Bless.

## Podcast audio Mass is available on the parish website

[www.bangorparish.com](http://www.bangorparish.com)  
(Daily) by **11.30am**. [Sat vigil] by **9pm**.

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

1. Enter through the main doors of the Church only.
2. Exit through the doors at the Baptismal Font only. If you are unable to use the steps please wait in your seat until the majority of people have left and the Stewards will direct you out.
3. There will be hand-sanitisers on entering the Church 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) please respect social distancing as you enter the Church. There will be a time for prayer after Mass so reverence on exiting will permit 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 Church.
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. When Mass is over please remain in your seats until the Stewards direct you to leave one row at a time. Please keep 2 metres distance as you leave the Church and please move quickly once outside to the carpark to allow others to safely exit the Church.
9. The parish secretary will be in the parish office from Monday to Friday 9.30am to 1.00pm. Those who have no access to the online registration can telephone and book in for Mass 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](mailto:bangor@downandconnor.org)  
all names will then be mentioned on the weekly Sunday bulletin.

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**PRIVATE PRAYER** will take place in St Comgall's Church: Tues 8, Wed 9, Thurs 10 Dec from 9.30am to 10.30am.

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**BAPTISM REGISTRATION**  
Baptisms will be starting back mid to late September and the team is working on how best to support the parents. Please register online SIDE BAR under

## 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.

**St Vincent de Paul Christmas Cards** are available for a donation. The donations you make for the cards will help us to help others, especially at Christmas. You will find the cards in **Thomas' shop**, Brunswick Road, Bangor, **The Cabin**, Donaghadee and **Vincent's Shop**, Kircubbin, or by calling 07841102828 (Ballyholme) or 07981421048 (Bangor) You



**A Different Kind of Christmas!** Covid 19 is having a serious impact on people due to reduced or loss of income. Thanks to your generosity, the **Society of St Vincent de Paul** has continued to provide support to those in need. We need your help to maintain that support. Covid restrictions mean that we will be providing Gift Vouchers instead of Christmas food hampers and toys. Please give what you can to help us help others. Your generosity makes a world of difference to families and individuals. You can help in any of the following ways:

### SVP COLLECTION BUCKETS AFTER ALL MASSES.

**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. **St Vincent de Paul Christmas Cards** are available for a donation. The donations you make for the cards will help us to help others, especially at Christmas. Gift Aid donation gives us an extra 25 pence in the pound.

**Donations of good quality furniture and clothing are suspended temporarily.**

## FREE CHRISTMAS CAROL CONCERTS

St Agnes' Choral society have recorded two Christmas concerts from St. Peter's cathedral which will be aired in December for free online with any donations in aid of the Renal Unit at Belfast City Hospital. These concerts will be available **via our YouTube and Facebook channels for free**. Please spread the word as we hope to bring Christmas joy and festivities into households in the parish and beyond this Christmas

- **The Christmas Story** (through music, songs, liturgical readings and poetry) **Sunday 20<sup>th</sup> December** at 7.30pm

### Facebook:

<https://www.facebook.com/stagneschoralsociety>

### Youtube:

<http://tiny.cc/Stagneschristmas>

Donations can be made to the renal unit by visiting: [gf.me/u/y7xc2a](http://gf.me/u/y7xc2a)

## DECEMBER - MONDAY 21<sup>st</sup>

### DRUMALIS CHRISTMAS CONCERTS VIA ZOOM

*Friday, 18 December & Monday, 21 December 2020 at 7:30 pm* Christmas wouldn't be Christmas at **Drumalis** without Music for Christmas so, after exploring the technical side of it, we're delighted that the Voices Chamber Choir under the direction of Loreto McAuley will be with us again this year, albeit in a virtual way! The concerts will take place via Zoom at **7:30pm on Friday, Monday, 21<sup>st</sup> December**. The cost is £15 per person. To book, please phone Drumalis during office hours (Mon-Fri, 9 am-5 pm) – tel 028 28272196/ 28276455. We welcome credit and debit card payments. Payments can also be made by bank transfer (details available upon request).

## PRAYING AT HOME RESOURCE for ADVENT

which has been circulated through the Living Church Committee, can be found on the parish website [www.bangorparish.com](http://www.bangorparish.com) under 'News'.

## 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.

**Prayers of Intercession** which you might like to use for private meditation can be accessed on the following link, which will bring you directly to the relevant page on the vocations.ie website.

<https://vocations.ie/2020/08/04/parish-vocation-resources-for-august-2020/>

## Mary's Meals – Double the Love

At Mary's Meals we are inspired by the courageous 'yes' of Mary. Her total trust in God in the face of numerous challenges gave the world the most precious gift of all – Jesus. Throughout this year of many challenges Mary's Meals have continued to say yes, with the help of our generous supporters, to feeding 1.6 million children their daily meal in a place of education in 19 developing countries even when obstacles arose. Our Double the Love Campaign runs until 31st January 2021, any donations made will be matched by the UK government, up to £2 million. Each little act of love will be doubled in order to provide 43,000 children in Bong County Liberia with hope for a better future. More information about the campaign, our Christmas Gift cards and other ways to support can be found at [www.marysmeals.org.uk/doublethelove](http://www.marysmeals.org.uk/doublethelove).

Please do get in touch if you have any queries by email or by phone 07394564065.

## 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.

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**TRÓCAIRE** thank you for your help. You can 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. 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.

## 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**. 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)

## ST ELISABETH CONVENT

The Sisters of Saint Elisabeth Convent have now entered the Christmas season with the Nativity Fast. They are also preparing for some joyous December feast days, such as December 10th which is a very special day for the Convent for three reasons: First, on December 10th, 1999, **the first church on the Convent grounds was consecrated**. It is the crypt church in honor of St Nicholas the Wonderworker, which was built in one year. It marked the beginning of Saint Elisabeth Convent as we know it today. Second, in the evening of the same day, **two of our Sisters were tonsured to the Stavrophore**. One of them was our Mother Abbess Euphrosine. It was the very first Stavrophore monastic tonsure at our Convent. Last, on December 10, **the Orthodox Church commemorates the icon of the Mother of God called our Lady of the Sign (or Znamenie)**. It is one of the most revered icons of the Theotokos. We invite you to click on this link to read more about these three important events and see what the Lady of the Sign icon looks like. To learn more about Saint Elisabeth Convent's many ministries, please click on this link.

[Faith, Hope, and Charity: the many ministries of St Elisabeth Convent](#)

## INITIAL PLANS FOR 4 CORNERS FESTIVAL 2021

Professor John Paul Lederach, the internationally renowned conflict transformation expert, of Notre Dame University, USA, is the keynote speaker at the 9<sup>th</sup> annual **4 Corners Festival** that takes place in Belfast from **January 31 to February 7**. Due to the pandemic most of those attending the Christian arts festival that offers a rich mix of talks, music, drama, and prayer will do so from the comfort of their homes as the events will be streamed on-line having been promoted on social media.

The organising committee announced on the festival's website [www.4cornersfestival.com](http://www.4cornersfestival.com) that the theme is Breathe... from the Hebrew word Ruach meaning 'breath' or 'spirit' – the meaning of life.

They added, in a letter to supporters: "The programme is designed to encourage the breathing of hope and creativity into our city and to foster resilience as we contend with the challenges of the pandemic." Others taking part will include singer-songwriter Duke Special, Jamaican-born poet and singer-songwriter Raquel McKee and the poet and theologian Pádraig Ó Tuama.

The full programme will be announced shortly on the website and it is planned that a limited number will be able to attend some of the events, regulations permitting.



## 4<sup>th</sup> SUNDAY OF ADVENT – 20 December 2020

**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.

### 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 solus Dominus, tu solus Altissimus, Iesu Christe, cum Sancto Spiritu: in Gloria Dei Patris. Amen.*

**FIRST READING** 7:1-5, 8-12, 14,16 A reading from the second book of Samuel Once David had set

**RESPONSORIAL PSALM** Ps88:2-5.27.29.R.v.2 **R. I will sing for ever of your love, O Lord.**

**SECOND READING** 16:25-27 A reading from the letter of St Paul to the Romans

**GOSPEL** 1:26-38 A reading from the holy Gospel according to Luke

## 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

## AID TO THE CHURCH IN NEED

### Evangelisation in Ethiopia

**CATHOLICISM IS GROWING EXTREMELY QUICKLY ON THE CONTINENT OF AFRICA. THIS IS PARTLY DOWN TO THE EFFORTS OF MISSIONARIES SUCH AS FATHER KENNETH IWUNNA. FATHER KENNETH MINISTERS TO A PARISH IN THE SOUTH OF ETHIOPIA. IN THE LAST FEW YEARS, 5,000 OUT OF THE 9,000 PEOPLE IN THIS PARISH HAVE ACCEPTED THE CATHOLIC FAITH.**

By Conn McNally

Fr. Kenneth Iwunna with parish youth. (Credit: Aid to the Church in Need)

Ethiopia is a large and ethnically diverse country. The majority of Ethiopia's population are Christian (mostly members of the Ethiopian Orthodox Tewahedo Church), with there also being a substantial Muslim minority. **In addition to this there are ethnic groups in Ethiopia who still practice traditional tribal religions.** This is the case with the Borana people in the south of Ethiopia. The Borana people are a nomadic people, who travel across the land with their herds to eke out a living. For this reason, **Father Kenneth Iwunna (who is from Nigeria) has been on an evangelisation mission for the last eight years** to bring the Gospel message to the Borana people.

Fr. Kenneth Iwunna ministering to his parishioners. (Credit: Aid to the Church in Need)

Father Kenneth Iwunna has seen a lot of success in running Holy Cross Parish in the town of Dhadim. **Approximately 9,000 people live within the parish boundaries. Of these, around 5,000 have accepted the Catholic Faith over the traditional tribal religion.** Many of these people are now catechumens preparing for baptism. It is almost certain that thousands more will convert to Catholicism in the coming years. The rapid conversion of so many people has raised certain problems. One issue is of couples who have been married prior to being baptised. **They need to be validly married in the eyes of the Church before they can receive Holy Communion.** Weddings, as many of us are aware of, can be very expensive. Wedding rings, clothes and celebratory meals are particularly expensive. **In order to help his parishioners with the costs of the weddings, Father Kenneth Iwunna has organised for joint wedding ceremonies.** This allows for several couples to be validly married at once and therefore be able to receive the Eucharist.

Fr. Kenneth Iwunna ministers to his parishioners. (Credit: Aid to the Church in Need)

Young people have been very active in Father Kenneth Iwunna's parish. **Around 250 young people are active on a regular basis in the parish.** Father Kenneth has organised a spiritual programme and direction for the young people. This includes Bible study, choral singing, and retreats. **By engaging with the young people, it is hoped that Father Kenneth can secure the future of Holy Cross Parish.** Part of this engagement includes an annual three-day retreat to the neighbouring diocese. Father Kenneth explains that this is important for the development of the young people: **"Most of them have never been anywhere except their own village, so that for them it is an important experience to meet together with young people from other ethnic groups and share their ideas and experiences. These young people are growing in their faith and gaining a new experience of the Church.** These days are an advantage not only for themselves, but also benefit the whole community. For when the young people come back they relate their experiences in the church. And even the older people are very interested to hear about them."

**Aid to the Church in Need provides support to Fr. Kenneth and his parish in all these activities. This is just one of the many pastoral and evangelical projects that Aid to the Church in Need Supports around the world.**

**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!