

# 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.

## Queenship of Our Lady, 21<sup>st</sup> Sunday in the Year - 22 August 2021 -

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

**Monday to Friday**  
*[no registration needed]*

**MASS TIMES NEXT WEEKEND:**  
**22<sup>nd</sup> Sunday of the Year**

**VIGIL SATURDAY 28 August @ 6.30pm**

**SUNDAY 29 August @ 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.**

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### **PRAYING WITH THE ICONS**

under **The Four Saints** found in 'Parish Today'

### **❖ 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!

❖ Covid has devastated many communities across the world. Your generosity allows Trocaire to continue with its life-saving work across these communities. We, the Bangor Trocaire team, have walked over 6 million steps to raise funds for Trocaire. We have overachieved our goal of 5 million steps! **We have raised £1525 to date.** Perhaps you could help us overachieve our goal of raising £2000. Please pop your donation into the parish office, clearly marked FOR TROCAIRE

❖ Online donations can be made at  
[www.justgiving.com/TrocaireTrekking](http://www.justgiving.com/TrocaireTrekking)

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**The Lough Derg Pilgrim Path** on the lough shore is now open daily. The full route is a 12km loop, with a shorter 8km option, and several information boards highlight features of particular interest. Leaflets are available at the Visitors Centre. For bookings and further information email [info@loughderg.org](mailto:info@loughderg.org) or telephone 0(0353) 71 9861518.

[www.loughderg.org](http://www.loughderg.org) Lough Derg Pilgrim Path, Pettigo, Co Donegal. F94 N289



**Your prayers are requested for**

**Recently Deceased:** Linda Martin

#### **Anniversaries:**

Michael Conway, Frank Cullen, Bridget Rafferty, Thomas Telford, Daniel McCart, Paddy Walsh, Fr Harry Donaghy, Alex Turnbull, Lucy McDaniel, John Rea, Joe McDaniel, Elizabeth McKearney, David Anderson, Sr Elizabeth Grey, Elizabeth Devlin, Kathleen McDonagh, Pauline & David McCausland.

### **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](http://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). If you use these apps please **'subscribe'** to our channel so you receive all the latest podcasts straight to your phone or tablet.



**FULL COPY OF MISSALETTE ON THE WEBSITE**  
on the Slider or found in 'NEWS'

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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**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.

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.

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

**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**

**COVID INFORMATION**

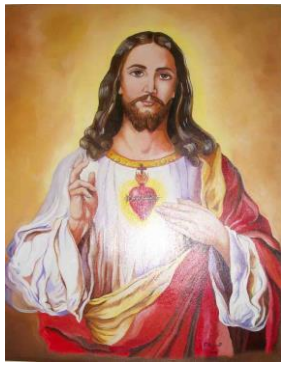
An up-to-date summary of all Executive regulations and guidance can be found at:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>



**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."



## 21<sup>st</sup> Sunday in the Year – 22 August 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

## AUGUST 2021

#### Thursday 19<sup>th</sup> August

Saint John Eudes, Priest

#### Friday 20<sup>th</sup> August

Saint Bernard, Abbot & Doctor

#### Saturday 21<sup>st</sup> August

Saint Pius X, Pope

#### Sunday 22<sup>nd</sup> August

21<sup>st</sup> Sunday in the Year

#### Monday 23<sup>rd</sup> August

Saint Rose of Lima, Virgin

#### Tuesday 24<sup>th</sup> August

Saint Bartholomew, Apostle

#### Wednesday 25<sup>th</sup> August

Saint Louis of France & Saint Joseph of Calsanz

#### Friday 27<sup>th</sup> August

Saint Monica

**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** - I will be leading a live Rosary broadcast and later in the evening **Every Saturday at 8.30pm** I will be leading prayer with Eucharistic Adoration on the Catholic Internet TV – Shalom World 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 live Rosary and live Eucharistic Adoration.

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### 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.

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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),

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**USE THE LINK BELOW TO ACCESS - Issue 67 of *Sharing the Good News***. The current issue can be linked to and downloaded from the home page of [www.catholicbishops.ie](http://www.catholicbishops.ie).

### 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.



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### DRUMALIS RETREAT CENTRE, LARNE

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

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### Pathways – Adult Faith Development Programme *Two-year, part-time course, now enrolling for 2021-2023 intake*

Have you ever thought about exploring your faith... or wished that you could broaden your understanding of your faith? Would you like to explore, discuss and reflect upon issues and questions of faith, the Church, and how to link faith to life? If the answer is "yes", then Pathways may be for you. The course runs one Saturday per month (10 am – 4:30 pm) from October to June, either in-house at Drumalis, Larne or online via Zoom.

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### Certificate in Christian Thought

*Two-year, part-time course commencing October 2021*

The Certificate in Christian Thought aims to offer a space where adults can explore, reflect upon, discuss and study faith and how it relates to life in today's world, both at a personal and community level. It is possible to do the course for validation by St Mary's University College or for personal development only. The course is offered either in-house at Drumalis, Larne or online via Zoom.

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### Growth in Prayer and Reflective Living

Commencing Monday, 20 September

Applications are now being accepted for the third intake of this popular 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. The course will take place over 21 Monday evening sessions from 7:00 pm – 9:30 pm via Zoom.

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If you would like to help ACN support projects like the new parish and pastoral centre for the Salesians in Istanbul, **please consider making a donation.**

**DONATE TO ACN**