

# 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.

Our Lord Jesus Christ, King of the Universe  
- Sunday 22 November 2020 -

## MASS NEXT WEEK:

**TUESDAY, WEDNESDAY, THURSDAY**  
**NO ONLINE REGISTRATION NEEDED.**

in St Comgall's Church, Brunswick Road

**1<sup>st</sup> SUNDAY in ADVENT**

**SATURDAY VIGIL 28<sup>th</sup> November** at 6.30pm &  
**SUNDAY 29<sup>th</sup> NOVEMBER** at 10am & 12noon  
**online registration required.**

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/>

## NOVEMBER DEAD LIST

In the month of November we remember all our dead. You are invited to include the names of all those deceased friends and relatives whom you wish to have remembered in all the Masses offered in November for all those on the dead lists by Fr Whyte and Fr Gunn. Envelopes can be found at the back of the Church and at the Exit doors. Completed lists should be placed in the November Dead box in the Exit Porch. They will then be opened and the lists placed on the altar.

**HAIRCUT FOR HABITAT:** Last month Fr Raymond McCullagh had his hair cut in aid of Habitat for Humanity, Ethiopia. He wants to thank everyone who donated so generously to this appeal over the past number of weeks. The final online total **exceeded £28K** and with other donations plus *Gift Aid* the overall amount will **well exceed £30,000**. These funds will help build **6 new houses** and a **water supply** in Kombolcha, Northern Ethiopia. Special thanks are also due to Fiona Fitzpatrick for joining the team and parishes throughout the Diocese who promoted the fundraiser. On behalf of the homeowners and all the Habitat family in Ethiopia, a heartfelt **Ameseginalehu!** (Thank you in Amharic - Ethiopian language)

## SACRAMENTAL PREPARATION CLASSES

**1<sup>st</sup> Penance & Holy Communion Classes – started on...**

**SUNDAY 18TH OCTOBER**

They will be virtual classes to begin (ZOOM). Please email your mobile number along with your name and child's name, primary school.

Please register your interest by contacting the parish office by email.

[bangor@downandconnor.org](mailto:bangor@downandconnor.org)

## 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.



**Your prayers are requested for  
Recently Deceased:**

Julia Moore, Patricia Boyd, Seamus Reavey.

**Anniversaries:** Robert Coulter, Vincent Jamison (Snr), Mary Jamison, Una Evans, Marion McLarnon, Peg Connell, Catherine Walls, Maureen Duffy, Joe Smyth, Margaret McKenna, Lily Campbell, Paula Campbell, Alice Carville, Mag Griffen, Geraldine Hunter, Mary McDowell, Danny McDowell, William Curry, Catherine Curry, John McDermott, Gerry O'Neill, Rose Gethin, Walter Gethin, Ellen Walsh, John Walsh, Margaret Cleary, John Cleary, Mary McGuigan.

## 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.



**Podcast audio Mass is available on  
the parish website**

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

(Daily) **by 11.30am.** [Sat vigil] **by 9pm.**

**Residence of Brunswick Rd have been seriously inconvenience by being unable to leave their homes due to cars of some attending Mass in St Comgall's blocking their gateways. Their frustration is perfectly understandable so I appeal to all those who come to Mass to observe the normal courtesy of not obstructing driveways.**

**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 before public Mass in St Comgall's Church.

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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 '**Sacramental Preparation**'

**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.

**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!

The Apostolate of Adoration invites you to **ADORATION, PRAYER & FASTING on the FOUR FRIDAYS in NOVEMBER for:** Renewal of the Catholic Faith in Ireland; Reparation to the Sacred Heart of Jesus and Immaculate Heart of Mary; The Suppression of the Pandemic; The Holy Souls; Preparation for Advent and for the Birth of Jesus. (see website for full details [www.eucharisticadoration.ie](http://www.eucharisticadoration.ie))



**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 may wish to gift aid your donation which will give us an extra 25 pence in the pound.

**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. You will find the cards in Thomas' shop, Brunswick Road, Bangor, The Cabin, Donaghadee and Vincent's Shop, Kircubbin, or by calling **07828 593262 (Ballyholme)** or **07981421048 (Bangor)** You may wish to gift aid your donation which will give us an extra 25 pence in the pound.

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

### **MONDAY 23 NOVEMBER**

Annual Mass for deceased Pioneers in Down and Connor diocese will be celebrated in St Malachy's church, Alfred St. on Monday 23rd November at 1pm. The Mass will also be streamed.

### **FRIDAY 18 & MONDAY 21 DECEMBER**

#### 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 7:30 pm on Friday, 18<sup>th</sup> December and 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'.

### **November - Month of the Holy Souls**

Many people choose to abstain from alcohol during November and offer up their sacrifice for their deceased relatives and friends. You can do likewise.

Please consider taking the short term **Pledge for November** and say the prayer daily -

"I promise in honour of the Sacred Heart of Jesus and with the help of the Blessed Virgin Mary to abstain from all alcoholic drink during November".

**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/>

### **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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### **QUB CHAPLAINCY – By 5<sup>th</sup> December Christmas Homeless Shoebox Appeal**

The Catholic Chaplaincy at Queen's, together with the University's Order of Malta branch, is supporting this year's Christmas Homeless Shoebox Appeal. Every year, individuals and families experiencing homelessness face the festive season alone. QUB students want to reach out and offer concrete supports. We appeal to you to give a small gift and some hope to a homeless person (or someone struggling and at risk of becoming homeless).

We ask that you decorate a shoebox or gift bag for either a male or female (adult) and include items such as: Gloves, Socks, Toothpaste/brush, Sanitary items, Shower Gel, Shampoo, Sweets, Tinned food, Christmas card. And anything else you can think of that might be helpful.

Boxes can be left securely at the Catholic Chaplaincy QUB, 28 Elmwood Avenue, Belfast during opening hours (see [qubcatholic.org](http://qubcatholic.org)) **before 5 December** in time for distribution before Christmas. We thank you for your support of this worthwhile initiative.

\*(Remember to wrap the box and lid separately so we can add extra items to boxes)\*

**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.

### **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.

### **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.**

Today, I would like to briefly summarize our ministries and include the article with links to each one - in case you've missed some of my emails. Firstly, **we help the homeless, poor, and disadvantaged men and women**. We have TWO separate rehabilitation centers where those people rebuild their lives by learning to work and finding God along the way. Secondly, **we visit mentally challenged children and adults who live in special boarding homes and hospitals**. We call them God's People because their pure hearts are always ready to follow God. And, of course, **we make sure to help those who are suffering from illnesses**. We have a Visiting Nurse Service to help bedridden elderly people and our lay sisters also visit the patients of the Minsk City Clinical Hospital #2.

To learn more about Sain Elisabeth Convent's many ministries, please click on this link.

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

## **CALENDAR OF SAINTS DAYS**

### **NOVEMBER 2020**

#### **Sunday 22<sup>nd</sup> November**

Our Lord Jesus Christ, King of the Universe.

#### **Friday 27<sup>th</sup> November**

Saint Fergal, Bishop & Missionary

#### **Monday 23<sup>rd</sup> November**

Saint Columbanus, Abbot & Missionary

#### **Saturday 28<sup>th</sup> November**

Blessed Virgin Mary.

#### **Tuesday 24<sup>th</sup> November**

Saints Andrew Dung-Lac & Companions, Martyrs

#### **Sunday 29<sup>th</sup> November**

1<sup>st</sup> Sunday in Advent

#### **Wednesday 25<sup>th</sup> November**

Saint Colman, Bishop

Saint Clement I, Pope & Martyr

Saint Catherine of Alexandria, Virgin & Martyr

#### **Monday 30<sup>th</sup> November**

Saint Andrew, Apostle

#### **Thursday 3<sup>rd</sup> December**

Saint Francis Xavier, Priest

What are Indulgences? Indulgences are the remission before God of the temporal punishment due to sins whose guilt has already been forgiven... Indulgences are granted through the ministry of the Church which, as the dispenser of the grace of redemption, distributes the treasury of the merits of Christ and the Saints. See CCC, 1471-9, 1498.

**On 22nd October 2020**, the Apostolic Penitentiary, by the special mandate of His Holiness Pope Francis, extended the period in which the customary plenary indulgences in November may be obtained, namely; **a.- the plenary indulgence** for those who visit a cemetery and pray for the dead even if only mentally, normally established only on the individual days from 1 to 8 November, can be transferred to other days in the month of November. These days, freely chosen by individual faithful, can also be separated from each other; **b.- the plenary indulgence of November 2** established on the occasion of the commemoration of all the faithful departed for those who visit a church or an oratory and recite the "Our Father" and the "Creed" there, can be transferred not only to the Sunday before or after or on the day of the solemnity of All Saints, but also on another day of the month of November, at the free choice of the individual faithful.

In respect of those who are housebound, the elderly, the sick and all those who for serious reasons cannot leave the house, for example due to restrictions imposed by the competent authority for the time of a pandemic, in order to avoid numbers of faithful crowding into sacred places, will be able to obtain the Plenary indulgence provided that, spiritually uniting with all the other faithful, completely detached from sin and with the intention of complying as soon as possible with the three usual conditions (sacramental confession, reception of the Eucharistic and prayer for the Holy Father's intentions) recite prayers for the dead dearest to the faithful in front of an image of Jesus or of the Blessed Virgin Mary, or meditate on a reading of one of the Gospel passages proposed by the liturgy for the dead, or carry out a work of mercy.



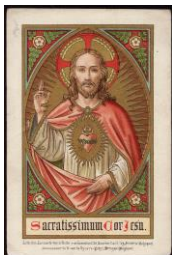
## INITIAL PLANS FOR 4 CORNERS FESTIVAL 2021

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.



## Our Lord Jesus Christ, King of the Universe – 22 November 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 bonae voluntatis.*

*Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam, Domine Deus, Rex caelestis, 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.*

## 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