

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: Mon-Fri 9.30pm to 1pm.

Third Sunday of the Year – 24 January 2021

PUBLIC MASS NEXT WEEK:

As you know there will be **NO PUBLIC MASS** in the Parish until the end of this lock down. The only exceptions will be funerals and marriages. You are encouraged to participate in daily Mass either by the parish podcast or using any of the Masses which are being streamed in the Diocese and throughout the world.

Baptisms will be open for booking mid to late February. Those who register online, found on the side menu of website under 'Sacramental Preparation', will be contacted by the parish office.

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Please note Daily Mass will be recorded for the Parish Podcast and available at the usual times: 11am weekday, 9pm Saturday.  
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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'.

CATHOLIC SCHOOLS WEEK starts Sunday 24th January please check out the upcoming audio podcasts from Fr Gunn on all the Bangor Parish Schools' websites.

Catholic Schools Week 2021 will be celebrated from Sunday 24 January to Sunday 31 January 2021 on the theme 'Catholic Schools: Communities of Faith and Resilience'.

<https://www.catholicschools.ie/wp-content/uploads/2021/01/CSW2021-Primary-Flyer-English.pdf>



Covid 19.

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 are suffering through no fault of their own.

PLEASE contact us if you need help. **07703679384**

Podcast audio Mass is available on the parish website

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



Your prayers are requested for

Recently Deceased: Judith Skelton

Anniversaries:

Tommy Jennings, Mollie Hall, Thomas Doherty, John McMullan, Ellen Reilly, Noreen Gunn, Rose Davidson, James Dunwoody, Nell Coey, Mick Seeley, Paula O'Driscoll, Hannah Flannery, Ann Fox, Gerry McCready, Comgall Storey, Patrick Hinds, John McAloon, Luke McCann, Anne McGlinchey, Rosaleen Lennon, Vincent Coulter, Professor James Dunwoody, Eileen Morrow, Harry Morrow, Maureen Murray.

Bethany Bereavement Support Group

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

St Vincent de Paul Helpline 077 0367 9384

The Bangor Conferences of the Society of St Vincent de Paul offer a sincere

thank you for the very generous contributions from Parishioners following our Christmas Appeal. Your generosity is making a world of difference to families and individuals. On behalf of all those individuals, families and children you are helping, thank you. **Donations of good quality furniture and clothing are suspended temporarily.**

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.



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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BAPTISM REGISTRATION

Baptisms will be starting back in mid-February 2021.

Evenings only until further notice at 7pm.

Wednesdays, Thursdays.

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.

Diocesan Directory available in the Parish Office.

Cost £4

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.

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.

4 Corners Festival Belfast

This inter-denominational arts festival aimed at promoting reconciliation runs from **January 31 to February 7**. Because of the pandemic it is a purely on-line project with all events being available in the comfort of your home via "live" video streaming services such as Facebook and YouTube.

Further details can be found at the website 4cornersfestival.com

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### **TUESDAY 2 FEBRUARY**

#### **The Ambrose Macaulay Memorial Lecture: Dr Eamon Phoenix**

*Partition and the Creation of the Northern Ireland State 1912-22*

Well-known historian and broadcaster, Dr Eamon Phoenix, will deliver a Memorial Lecture to honour the life and learning of priest, university chaplain and church historian, Monsignor Ambrose Macaulay. The Lecture will be delivered in collaboration with Anne Donnelly of NI Screen and is co-hosted by the Catholic Chaplaincy at Queen's University and St Brigid's Parish Belfast. This online event will take place on **Tuesday 2<sup>nd</sup> February, at 7pm**. To attend, email [qubcc@downandconnor.org](mailto:qubcc@downandconnor.org) for Zoom details.

**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.

### 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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**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/>

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**Knock Shrine offers virtual pilgrimages**  
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)

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**Mary's Meals Campaign**  
Despite the challenges of another lockdown, we embrace the start of a new year with the hope of better times and continue to be inspired by your love and support for our work. This January, as many of us turn our minds to achieving new resolutions and personal goals, the Miles For Mary's Meals campaign is the perfect way to fulfil your new year's resolutions while making a long-lasting difference to the world's poorest children. Whether it's taking on a regular run, getting on your bike or upping your daily step count, there are lots of different ways you can take part. Simply set yourself an active challenge and make a donation, or ask for sponsorship from friends and family for every mile that you achieve. And thanks to Double The Love, your miles will go even further! Give until 31 January 2021, and the UK government will match public donations, up to £2 million, helping us to reach more hungry children in Liberia.

Please ensure that you take part in your chosen challenge safely and follow Covid-19 restrictions in your local area.

Contact us at Mary's Meals E: [info@marysmeals.org](mailto:info@marysmeals.org)

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**Deacon Eric Cooney | Administrator - National Vocations Office** Irish Catholic Bishops' Conference | Columba Centre | Maynooth | Co. Kildare Tel: +353 (0)1 505 3118 email: [Eric.Cooney@vocations.ie](mailto:Eric.Cooney@vocations.ie)

The following link will bring you the resources for the period from next Sunday (The Baptism of the Lord) up to the Sixth Sunday in Ordinary Time. The link is:  
<https://vocations.ie/2021/01/04/parish-resources-jan-10th-to-feb-14th-2021/>

Alternatively they are easily found by just visiting the [www.vocations.ie](http://www.vocations.ie) website.

### 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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ST ELISABETH CONVENT – (ORTHODOX)

We are hosting this Livestream because we want you - and everyone reading these words - to know that THEY ARE NOT ALONE.

Our Livestream will be dedicated to the tradition of Christmas Caroling: How we celebrate Nativity, where we travel, what is caroling like and if it is relevant in the contemporary world. **Additionally, we will be answering your questions live on air. So it's another great reason to participate!**

So, regardless of where you are in the world, we want you to mark your calendar and set a reminder to join us. You can do so by clicking this link and then clicking the 'Reminder' button and bell underneath the video.

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

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WEDNESDAY 27 JANUARY 2021

- from the Holocaust Memorial Day team at The Executive Office.
It is important that we continue to remember those who lost their lives in the Holocaust and subsequent genocides and that society learns lessons from the past to create a better future for all. **Holocaust Memorial Day** is a poignant commemoration and remains very important to all of us all. This year, due to the Covid-19 pandemic, it has been decided there will not be a regional stand-alone event in NI and the Holocaust Memorial Day Trust will hold a virtual UK wide commemoration event online with local contributions being made to ceremony which will be broadcast on the evening of 27 January 2021. The public registration portal is now open at:

www.hmdt.geteventaccess.com/registration And also at Eventbrite: <https://www.eventbrite.co.uk/e/holocaust-memorial-day-2021-tickets-130788236135>

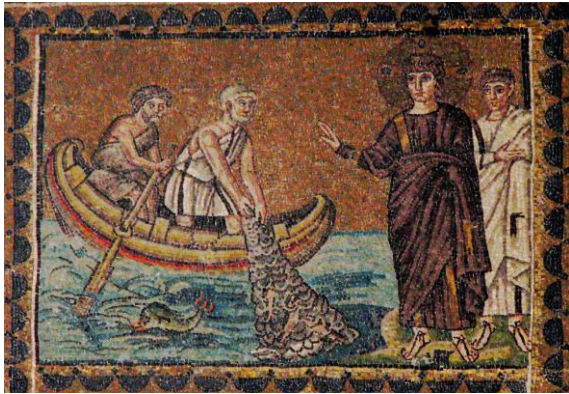
Preparing for Marriage? Catholic Engaged Encounter

A 'Zoom' online Marriage Preparation course is planned for 27-28 March 2021.

This 2-day course is a positive way of preparing for Marriage where you will discover how you can enrich your future relationship.

Information/Booking:
marriageencounter.ie or 028276 38512

Prayer Online: Come and join us at... www.soulpardonmission.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** over the next 3 months (Jan-March 2021) I will be leading a live Rosary broadcast with ShalomWorld Internet TV. Just click on the following link to access this time of prayer. www.swprayer.org Please be assured that I will be including all the parishioners and their families during this Rosary.



Third Sunday of the Year – 24 JANUARY 2021

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

3:1-5.10 A reading from the prophet Jonah

RESPONSORIAL PSALM

Ps24:4-9.R.v.4

R. Lord, make me know your ways.

SECOND READING

7:29-31 A reading from the first letter of St Paul to the Corinthians

GOSPEL

1:14-20 A reading from the holy Gospel according to Mark.

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

Life and Death in the Democratic Republic of Congo

DESPITE BEING THE WORLD'S WEALTHIEST COUNTRY IN TERMS OF NATURAL RESOURCES, THE DEMOCRATIC REPUBLIC OF CONGO IS THE SECOND-POOREST COUNTRY IN THE WORLD, FINANCIALLY. THE MAJORITY-CATHOLIC COUNTRY IS GRIPPED BY FAMINE, DISEASE AND WIDESPREAD VIOLENCE. SUPPORTING THE CATHOLIC CHURCH IN THE DRC IS A PRIORITY FOR OUR PONTIFICAL CHARITY.

By Clodagh Gallagher

Aerial view of the Democratic Republic of Congo. (Credit: Emeric Fohlen/ Aid To The Church In Need.)

How much do you know about the Democratic Republic of Congo? Did you know that with a population of 90 million, it is the most populous French-speaking country in the world? **Did you know that 6 million people were murdered in the DRC from 1996 to 2008? That's 45,000 people massacred every month.** After 2008 the death toll dropped, but it remains the world's bloodiest war since World War II. Did you know that 50% of the country are Catholic – with a further 20% of people adhering to various Protestant denominations? These brothers and sisters in Christ live in lush green plains that span 2.345 million square kilometres, bordered at their nation's perimeter by three dusty red mountain ranges.

In stark contrast with such abundant natural beauty, is the sad fact that the Democratic Republic of the Congo (the DRC) is the second-poorest country in the world, with an average annual income of €645 per family. **Not only are the Congolese people starving and malnourished, but they live in constant fear of the unceasing massacres of civilians at the hands of foreign armies, rebel groups and ad hoc militia groups.** The country suffers such violent instability for a number of reasons: i) foreign greed for the nation's plentiful natural resources worth an estimated €20 trillion; ii) neighbouring countries with expansionist interests backed by foreign powers; iii) violent conflict between local and national governments; iv) rebel militia brutality; v) tribal violence.

Confiscated weapons that were used in tribal violence where civilians were slaughtered. (Credit: Aid To The Church In Need.)

One commonly used weapon in these many adjacent wars, is that of rape. In the Democratic Republic of Congo, one woman is raped every single minute. In addition to this rampant physical, spiritual, emotional and psychological trauma, Congolese women also suffer a resultant high rate of STDs. **Another weapon used by the many warring groups in the DRC is that of cannibalism.** The Mbuti pygmy people make up 2% of the country's population. During the 1996-2008 war, they were hunted down like game animals and eaten because they inhabited land that foreign armies and Congolese rebel groups wanted to mine for minerals – and also because both sides of the Civil War regarded the Mbuti as "subhuman" and expendable. **Today, they are used as slaves by Bantu "masters".**

In the midst of this evil, the Catholic Church shines as a light in the darkness – a beacon of hope providing the Sacraments to combat the serious spiritual warfare suffered by all in the DRC. In the absence of stable governance, the Catholic Church is the backbone of the country, responsible for building very basic hospitals and running schools, clinics, farms and shops. However, none of the country's dioceses are fully financially self-sufficient – all rely on international humanitarian aid to help them care for their people, who suffer the effects of war, rape, militia violence and massacre, famine, disease and extreme poverty. **After a recent increase in bloody massacres of civilians in the north-east, these people need our care more than ever.**

Displaced Congolese people in the Democratic Republic of Congo, where the Catholic Church is the only organised opposition to the ongoing massacres. (Credit: Aid To The Church In Need.)

Bishop Melchisédech Sikuli Paluku of the Diocese of Butembo-Beni begs for help from the universal Church on behalf of his people. In a video that he sent to Aid To The Church In Need, he says **"I hope that there is help for the poor people here. Having been on the Via Dolorosa for so many years, we feel as though we have been abandoned."** He sends images of the blood-soaked ground where 1,000 people were murdered with machetes in his diocese in the last year alone, remarking: "This has been happening for the last ten years. The situation has drastically deteriorated since 2014. **One massacre follows the next.**" He deplores the indifference of the government and media in the Democratic Republic of the Congo, whom he says:

"report nothing. The only thing that our politicians care about is getting a share of the power. The people here simply don't count. They have the feeling that the government doesn't even exist here. We feel as though the state authorities have abandoned us."

Despite the dire situation in the DRC, Bishop Paluku still has hope that the situation will improve:

"Despite the difficult situation and our human limitations, the Church is so alive and growing. During the centenary year I was almost always on the go. I spent three or four days in each of our thirty-six parishes, which are missions themselves, set in vast stretches of land, and some difficult to reach. There's a pressing need to open ten more parishes to respond to the necessities of the Christian life of our people, and we would open them if we had more personnel. **But the thing that struck me most, living in such contact with people, is how important the Catholic faith is to them. How people find comfort in faith, despite the difficulties and sufferings, people who live it in a very simple but also profound fashion.** I heard several people use the phrase 'if after so many years of war, we are still here it is only by the grace of God'. I was moved by the purity of heart with which they pronounced those words."

Bishop Melchisédech Sikuli Paluku ordaining 72 seminarians to the priesthood during the Covid-19 pandemic. (Credit: Aid To The Church In Need.)

If you are in a position to help our brothers and sisters who are suffering so intensely in the Democratic Republic of Congo and many other countries, **please donate to our pontifical charity.** The DRC is a priority for ACN - last year we supported the formation of 1,229 seminarians across 41 seminaries in the country. We support many priests with Mass stipends, which are their only form of income. One of the beneficiaries, Father Alain Mwila Wa Ilunga, wrote to tell us that he shares the financial aid **"with the poorest of the poor and the destitute sick so that they may have daily bread to eat."** Father Clément Mwehu Muteba said he will use it buy gas, so that he can continue to carry out his apostolate at the chapel he has been assigned. Thanks to the Mass stipends, he can also "buy some sheets of paper, which are necessary to teach the young people" he works with in Lubumbashi in the province of Upper Katanga." Father André Mpundu, vicar in the parish of the Blessed Anuarita in Kasenga said that the stipends **"secure our livelihood and safeguard the lives of thousands of believers who, through our humble efforts, hear the Holy Word of God and can receive the sacraments"**. To ensure the survival of the sisters, and answering a plea by Archbishop François-Xavier Maroy of Bukavu, ACN has approved aid for 69 communities of sisters from six different congregations serving in the six dioceses of the ecclesiastical province of Bukavu. The grant of €135,000 will benefit 464 women religious.

Anything you give helps - no amount is too small. **Help us to save lives, save souls and save the faith.** If your heart has been moved by the plight of the Congolese people, please remember them in your prayers.