

# 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.

## SUNDAY 30 in Ordinary Time – 25 October 2020

### MASS NEXT WEEK:

WEDNESDAY 28<sup>th</sup> & THURSDAY 29<sup>th</sup> OCTOBER at 10am  
**NO ONLINE REGISTRATION NEEDED.**

**in St Comgall's Church, Brunswick Road**

SATURDAY VIGIL 31<sup>ST</sup> OCTOBER at 6.30pm &  
**ALL SAINTS DAY = SUNDAY 1<sup>ST</sup> NOVEMBER**  
at **10am & 12.30pm** **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/>

### Your prayers are requested for Recently Deceased:



Desmond Duncan (Holywood)  
Patrick Smith (Portaferry)

### Anniversaries:

Betty Naylor, Jack O'Driscoll, Owen Taylor,  
Marie Hamill, Bernadette McAnulty, John  
McAnulty, Hugh Rooney, Michael McAloon,  
Stephen Lennon, Patrick Naylor, Trevor  
Eady, Molly Monaghan, Mona Mulligan, Tom  
Carlin, Denis Gray, Noreen Gunn, James  
Glenn, Agnes McGrogan, Sean Leonard,  
Anita Delaney.

### 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**

### 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.

**REMEMBER THIS WEEKEND  
THE CLOCKS GO BACK 1HR!**



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 Christ.  
(see website for full details [www.eucharisticadoration.ie](http://www.eucharisticadoration.ie))

**Sincere thanks to Deacon James  
McAllister, parents and sponsors  
and to the Principals & Staff of  
our Primary Schools, Bangor  
Central and the Parish  
Sacramental Group for their  
presence and preparation  
at the Confirmation Services  
held last week.**

### Safeguarding Sunday

This year, as Bishop of the Diocese, I have designated **Sunday 25<sup>th</sup>  
October** as 'Safeguarding Sunday'. This will be an opportunity for all the  
parishes to pray together and acknowledge the dedication of hundreds  
of Volunteers in our parishes who serve in the ministry of Safeguarding  
across the Diocese. During the celebration of the Sunday liturgy we will  
also renew our commitment to the pastoral care of victims of abuse of  
every kind as well as young people and adults in our parishes. On  
**Sunday 25<sup>th</sup> October, 7pm**, parishioners are invited to join online the  
celebration of Evening Prayer, led by Bishop Noel Treanor, from St.  
Peter's Cathedral, Belfast. To join, kindly follow the links to the  
Cathedral webcam:

<http://www.churchservices.tv/stpeterscat>

+ Noel Treanor

### 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](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.



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

[www.bangorparish.com](http://www.bangorparish.com)  
(Daily) **by 11.00am.** [Sat vigil] **by 9pm.**

**SACRAMENTAL PREPARATION 1<sup>st</sup> Penance & Holy Communion Classes – will be starting on...  
CLASSES**

**SUNDAY 18TH OCTOBER**

1<sup>st</sup> Penance & Holy Communion.

Venue: **Zoom.**

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

**Confirmation Class date to be confirmed.**

**Please register your interest by contacting the parish office by email. [bangor@downandconnor.org](mailto:bangor@downandconnor.org)**

**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 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... October 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!



**DECEASED TEACHERS OF DOWN AND CONNOR**

Will be Streamed Live On Wednesday 4<sup>th</sup> November 2020 at 7.30pm from the Church of Mater Dei Cliftonville Road, Belfast. Via: 'Diocese of Down and Connor - YouTube' channel at:

[www.youtube.com/channel/UCEHEomhU03Y91gGFQu2-JYA](http://www.youtube.com/channel/UCEHEomhU03Y91gGFQu2-JYA)

Please forward by **Monday 2<sup>nd</sup> November 2020**

the name of any teacher from the Diocese who has died during the past twelve months for inclusion in the Mass. TO: Fr Edward McGee, Down and Connor Catholic Schools' Support Service, 120 Cliftonville Road, Belfast BT14 6LA Tele: 028 9049 1886

Email: [dctrusteeservice@downandconnor.org](mailto:dctrusteeservice@downandconnor.org)

**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".

**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.
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.

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**Helpers Needed**

St. Comgall's Brigins and Guides Please note the Parish Centre is still not open for parish groups for the foreseeable future. St. Comgalls Guide Unit is planning on returning. If you have thought of helping out in the community and can spare 2 hours a week we are looking for some helpers to help out with our girls aged 6-14 yrs on Thursday evening from 6.30-8pm. If you want a few hours of fun, friendship, contribute to this community and so much more contact Yvonne for more information on 07851144222 or email [stcomgallsguideunit@gmail.com](mailto:stcomgallsguideunit@gmail.com)

**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/>

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

**CALENDAR OF SAINTS DAYS**

**OCTOBER 2020**

**Thursday 22<sup>nd</sup> October**  
**ST JOHN PAUL II**

**Wednesday 28<sup>th</sup> October**  
Saints, Simon & Jude, Apostles

**Friday 23<sup>rd</sup> October**  
**The DEDICATION OF THE LOCAL CHURCH**

**Thursday 29<sup>th</sup> October**  
Saint Colman, Bishop

**Saturday 24<sup>th</sup> October**  
**Saint Anthony Mary Claret, Bishop**

**Saturday 31<sup>st</sup> October**  
Memorial of the Blessed Virgin Mary

**Sunday 25<sup>th</sup> October**  
**SAFEGUARDING SUNDAY – Bishop N Treanor**  
**30<sup>th</sup> Sunday of the Year**

**Sunday 1<sup>st</sup> November – ALL SAINTS DAY**  
Memorial of the Blessed Virgin Mary

**Tuesday 27<sup>th</sup> October**  
**Saint Otteran, Monk**

**Monday 2<sup>nd</sup> November – ALL SOULS DAY**

Norms for Indulgences - From twelve o'clock noon on 1<sup>st</sup> November until midnight on 2 November, all who have confessed, received Holy Communion and prayed for the pope's intentions (one Our Father and one Hail Mary, or any other prayers of one's choice) can gain one plenary indulgence by visiting a church or oratory, and there reciting one Our Father and the Apostle's Creed. This indulgence is applicable only to the souls of the departed. Confessions may be made at any time within the week preceding or the week following 1 November. Holy Communion may be received on any day from 1 November to 8 November.

The faithful who visit a cemetery and pray for the dead may gain a plenary indulgence applicable only to the Holy Souls on the usual conditions once per day from 1 to 8 November. The conditions mentioned above apply also for this.

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.





## 30<sup>th</sup> Sunday in Ordinary Time,

25 October 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.*

## 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