

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.

2nd Sunday of Lent – 28 February 2021

PUBLIC MASS NEXT WEEK:

As you know there will be **NO PUBLIC MASS** in the Parish until the end of this lock down.

Dear Parishioners,

This Wednesday sees the beginning of Lent but because the churches are closed due to Covid we have to do things differently this year. In Milan, Catholics practice a different rite known as the Ambrosian rite. They do not celebrate Ash Wednesday, Lent lasts two weeks longer than in our Roman rite, and there is no Mass on a Friday in Lent because each Friday is celebrated as a mini Good Friday. A different way of being catholic (there are nineteen of them) is constantly evolving! Perhaps we should see the enforced change of our practice of the outward observance of Lent as an opportunity to explore our relationship with God more deeply by examining the reason why in the season of Lent we undertake to fast, pray and give alms. I draw your attention to the Jesuit exercises, the Lenten services from Newtownards, the Living Youth Lenten programme, **Morning & Evening Prayer Sundays of Lent (Bangor – Parish Podcast)** – all details can be found in this bulletin. The **Meditations on the Icons of Bangor (Parish Podcast)**.

May this very different way of living Lent bring us closer to God as we try to heed the statement of St. John the Baptist, "He must increase, I must decrease." May we open our eyes to the blessings we take for granted and be ever more aware to the sufferings and needs of our brothers and sisters at home and around the world.

Yours sincerely,
J.Gunn

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

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'.

NEWTOWNARDS & COMBER PARISH

www.newtownardsandcomber.com

NOTE CHANGE IN DAY

- **LENTEN JOURNEY 2021**- 'Walking with Jesus along the Via Dolorosa', every **THURSDAY EVENING at 7pm** during Lent. Continues on **Thursday, 4th March**. Fr Martin O'Hagan will lead the sessions together with the Knights of St Columbanus **via** the parish webcam.

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.

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

Anniversaries:

Derek Morgan, Annette Elms, Brendan Barr,
Kevin O'Kane, Margaret Worland,
Marie Leavey, Peter Thompson, Phil Trist,
Jerry Carr, Margaret Murphy,
Irene Thompson, Kathleen McMahon,
Bernie Digney, Brian O'Connor.

LENT REFLECTIONS & RESOURCES

Jesuit Centres – Britain & Dublin

www.pathwaystogod.org/resources

www.Manresa.ie

Diocesan – Living Church Committee

Walking with Jesus along the Via Dolorosa

(found on website under Bulletins click for sub-folder 'Reflections')

**Morning & Evening Prayer
Sundays in Lent. Parish Podcast**

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.

Prayer to Saint Joseph

by Saint Brother André Bessette

O Good Saint Joseph, grant me what you yourself would ask if you were in my place on earth: (as for your intention).

Good Saint Joseph, be my help, harken to my prayer.

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.

=====

BAPTISM REGISTRATION

Evenings only until further notice at 7pm.
Wednesdays and 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.

Ask your MP to support an amendment to help stop forced abortion in Xinjiang, China

There is extensive evidence that many women in the Uyghur Muslim community in Xinjiang, China are being subjected to forced abortions.

Lord Alton is currently championing an amendment to the Trade Bill which would give British courts a role in determining whether a country is committing genocide. This would help with putting international pressure on the Chinese Communist Party to stop the practice of forcing abortions on the Uyghur Muslim community along with the wider human rights abuses that evidence shows is being perpetuated against this community.

If you would like to email your MP asking them to support the amendment, you can do this easily using a tool which has been set up on the Genocide Response campaign website which can be accessed by visiting the link below:

<https://genocideresponse.org/>

"With God on our side, who can be against us?" (Romans 8: 31)

Is the Lord strengthening you to consider the grace of a vocation to the priesthood or consecrated life?

Speak to Fr Joseph Gunn or email: info@vocations.ie

TRÓCAIRE thank you for your help. You can donate in the following ways:

1. Online at 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.

Prayer Online: Come and join us at... 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** 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.



2nd Sunday in Lent – 28 February 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 the 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 solas Dominus, tu solas Altissimus, Iesu Christe, cum Sancto Spiritu: in Gloria Dei Patris. Amen.

FIRST READING

RESPONSORIAL PSALM

SECOND READING

GOSPEL

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

Each week, **Living Youth** will be posting an activity for young people to engage in, which will have a video outlining the activity, a task/guidance for those aged 11-14 to complete and a task/guidance for those aged 15-18 to complete.

The themes for each week are:

- Week 1 - Fasting from Consumerism
- Week 2 - Mental Wellbeing with the 4 Corners Festival
- Week 3 - Social Awareness with Habitat for Humanity
- Week 4 - Digital Fasting for Mother's Day
- Week 5 - Praying with Your Parish
- Week 6 - Almsgiving to a Foodbank
- Week 7 - Praying for Our Church (Mass of Chrism)
- Week 8 - Pilgrimage to Your Parish (Easter Week)

www.livingyouth.co.uk

The full programme and resources for the programme can be found at <https://www.livingyouth.co.uk/lent-2021-resources> and the weekly activities for participants will be posted at <https://www.livingyouth.co.uk/lent-2021> and on the Living Youth [Facebook](#) & [Instagram](#).



Looking for something to do this Lent? Something prayerful? Aishling and Louise from the Living Church team will be facilitating our 5 week Lectio Divina programme written especially for Lent in Lockdown. We have three options for you to join in;

- Monday at 7pm beginning on Monday 15th Feb
 - Thursdays at 1:30pm beginning on Thursday 18th Feb
 - Thursdays at 7pm beginning on Thursday 18th Feb
- To join simply send an e-mail to livingchurch@downandconnor.org we will send you the zoom link.

Living with Rare Disease?

The Northern Ireland Rare Disease Partnership have a FREE Virtual Living Well with Rare Disease Programme open to anyone affected by a Rare Disease (patients and carers).

For information on how to book places and upcoming dates contact info@nirdp.org.uk or telephone 0770 447 6929 or 0770 447 6930.

LENTEN PIONEER PLEDGE

Many people choose to abstain from alcohol during Lent. Why not take this opportunity to perhaps help yourself or someone you know with an alcohol or drug problem by offering your sacrifice for freedom from addiction? Please consider taking the short- term Lenten Pledge and make a difference to someone's life and say the following daily prayer.

PRAYER:" 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 Lent."

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**

Northern Ireland Blood Transfusion Service

Hamilton Rd, Presbyterian Church

Monday 22nd February – 1pm to 4pm & 5pm to 7.30pm

Tuesday 23rd February – 10.30am to 1pm & 2.30pm to 5pm

Right To Life UK. [Stand Up and Smile campaign](#)

to protect babies with cleft-lip and club foot.

Below an intercessory prayer.

"We pray for all women going through unexpected pregnancies, that they would experience peace and support in their situations, and experience the many blessings that motherhood brings."

Ask your MP to sign a parliamentary motion calling on the Government to introduce new guidance on fetal pain

A new parliamentary motion (EDM 1340) is calling on the Government to introduce new guidance on fetal pain. The evidence that babies can feel pain in the womb, and during many abortions, highlights the humanity of the unborn child and provides another important reason to introduce legislation to protect the unborn child from abortion. **Right To Life UK** have set up an easy-to-use tool which makes it simple to contact your MP, and ask them to sign this motion calling on the Government to introduce new guidance on fetal pain. It only takes 30 seconds using this easy-to-use tool. This tool can be accessed by visiting the link www.righttolife.org.uk/FetalPainMotion

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 385

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 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.

Contact us at Mary's Meals E: info@marysmeals.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 if you would like to join us weekly to pray for the persecuted Church.

=====

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

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.

+++++

St Joseph's Consecration - Poster

Poster of special dates in the Year of St Joseph when you can especially make a consecration to him can be found on the subfolder of the 'Bulletin' page under noticeboard...

=====

UPDATES FROM North Down Community Network

UPDATES TO CURRENT RESTRICTIONS

Our Community Hub remains closed for walk ins, however, there is a member of staff here each week day, should anyone need to knock on our door or call for support. Staff will continue work remotely and help deliver essential shopping and pick up prescriptions for those who need it. Again, our booklet will help those seek a service of support depending on their need and the link is attached to download as a PDF - <https://ndcn.co.uk/wp-content/uploads/2020/12/Winter-Booklet-2020.pdf>

full brochure found on the parish website under 'Bulletin' subfolder 'noticeboard'...

=====

The [St Andrew's Foundation](#)'s 'Theology Thursdays!' series is back!

Theology Thursdays! is a programme of seminars aimed at non-experts and beginners. Each seminar has a particular theological focus, lasts for one hour and is taught by an expert in the field. This semester the seminars will take place online and will last for one hour, from 5-6pm Please see the attached flyer with the information for each session. Please circulate as you see fit. It may be of interest to teacher educators, teachers, parents, catechists, students and senior school pupils.

To book your place and receive the ZOOM link, please email: education-st-andrews-foundation@glasgow.ac.uk

CATHOLIC GROUPS ANNOUNCE VIRTUAL PILGRIMAGE TO HOLY LAND

Several Catholic groups have opened on-line registration for a free virtual pilgrimage, where pilgrims may experience the culture and prayer of the Holy Land for over 40 days. It is titled the "Pilgrimage In Faith: A Virtual Lenten Journey Through the Holy Land Inspired by Abraham, Our Father in Faith" and will take place **between Feb. 15 and April 4**.

This is the second virtual pilgrimage since the organizations the Pontifical Notre Dame of Jerusalem Center, Terra Sancta Mexico, and Magdala conducted a similar trip in October. Pilgrims will experience a virtual tour of the Holy Land through Lent and Holy Week, and they will conclude the pilgrimage with a broadcast of Easter Vigil Mass and a reflection of the "Pilgrimage in Faith." Each day, the virtual tour will offer a 30-minute reflection on the Creed alongside significant locations in the Holy Land. It will then be followed by the broadcast of Mass. The first two days will also include two introductory videos from pilgrim leaders Kathleen Nichols and Father Eamon Kelly. The Consecrated Women of Regnum Christi and the RC Music Collective have provided a majority of musical content for the pilgrimage. An additional piece was composed by Alejandro de la Garza to help pilgrims meditate through the Lenten period. Several registered participants will also win a special gift at the end of the virtual pilgrimage. The gifts will be raffled on Easter Sunday.

<http://feedproxy.google.com/~r/catholicnewsagency/dailynews/~3/CM664CfSLG0/#noredirect>

AID TO THE CHURCH IN NEED

Kidnapped by Boko Haram

THREE YEARS AGO, NIGERIAN SCHOOLGIRL LEAH SHARIBU WAS KIDNAPPED BY BOKO HARAM. LEAH IS JUST ONE OF MANY CHRISTIANS GIRLS WHO HAVE BEEN KIDNAPPED BY THE RADICAL NIGERIAN ISLAMIST GROUP. AS LEAH ENTERS HER FOURTH YEAR OF CAPTIVITY, AID TO THE CHURCH IN NEED CALLS ON OUR BENEFACTORS AND SUPPORTS TO JOIN LEAH'S FAMILY IN PRAYER THAT THEIR DAUGHTER MAY SOON BE RELEASED.

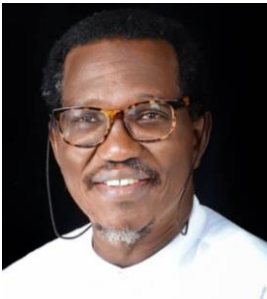
By ACN Staff

Leah Sharibu. (Credit: Aid to the Church in Need)

Today, three years ago, a Nigerian Christian schoolgirl called Leah Sharibu was kidnapped by the Nigerian Islamist group called the Islamic State of West Africa, who are better known by their old name, Boko Haram. In the lead up to this anniversary, Maria Lozano from Aid to the Church in Need (ACN) interviewed Pastor Gideon Para-Mallam. Pastor Gideon is a Protestant missionary in northern Nigeria and is president of Para-Mallam Peace Foundation. Pastor Gideon has been in regular contact with Leah's family and has been following Leah's case.



Pastor Gideon Para-Mallam. (Credit: Aid to the Church in Need)



Leah was last in contact with her mother, Rebecca, at the end of January 2018. Rebecca had been visiting her then **14-year-old daughter** at a government-run boarding school in the northeast Nigerian state of Yobe. It is believed that it was in Yobe State that the infamous Boko Haram was first established. The northeast of Nigeria is the hotbed of militant Islamist activity in the West African country. In 2015, Boko Haram joined forces with ISIS and was renamed the Islamic State in West Africa (ISWA). **On 19th February 2018, ISWA attacked Leah's school and kidnapped 110 schoolgirls. Leah was one of these girls.** On 20th March 2018, the majority of the schoolgirls were released. **Leah was kept in captivity by the Islamists because she refused to renounce her faith in Jesus Christ.** In September of the same year, Boko Haram released a video of Leah making an

appeal for her release. Pastor Gideon tells us: ***"That was the last we have ever heard directly from Leah."***

Pastor Gideon explains that it is very difficult to exactly say where Leah is at the moment:

"So, its difficult to say exactly or with certainty where Leah might be right now. Sometimes we hear they are in the Lake Chad region, other times, in Niger Republic or in Chad. It is hard to be precise."

Leah, like some of the other female captives of Boko Haram, has been "married" to one of the commanders of the Islamist group and **Boko Haram have said she will spend the rest of her life as a slave.**

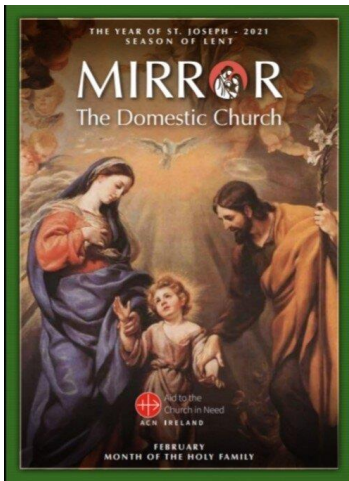
Protest for the release of girls kidnapped by Boko Haram, including Leah Sharibu. (Credit: Catalyst for Global Peace and Justice)

In January 2020, a captive held by ISWA (Boko Haram) was released. This captive, had not come into personal contact with Leah, but had spoken with other captives who met Leah in captivity. **Leah is now 17-year-old and by all reports is still alive. However, Pastor Gideon has said some of the reports on how she is doing are not positive, with him deciding it would be imprudent to speak of the details.** There are reports the Leah has converted to Islam. Pastor Gideon is sceptical about these claims: *"But I asked a simple question: would this be a voluntary or forced conversion? Would forced conversion to Islam in captivity be considered a willing conversion? Do not forget that Leah was held back in the first place because she decided at the young age of 14 to remain true to her Christian conviction. What a heroine of the Christian faith that Leah is and represents! Let's pray for her to remain steadfast in her faith in Christ even at this dark hour when the trial of her faith is being stretched to limits that even adults won't easily face. Leah, keep strong in Him!!!"*



Pastor Gideon has called on fellow Christians to join in prayer with Leah's family. He spoke with Leah's parents this week. Leah's father, Nathan, said: *"We remain hopeful that Leah will be free one day."*

Leah's mother Rebecca, who has not seen her daughter in three years, likewise is hopeful: *"Times are in the hands of God and by His grace we will see Leah one day."* **ACN joins in the calls made by Pastor Gideon that we, brothers and sisters in Christ, join together in prayer with Leah's family, that they shall soon be reunited with their daughter.** And that also, the hearts of Leah's captors may be open to God, that they know the need to repent of their ways and halt their inhumane action of keeping a child from her parents.



The Mirror: The Domestic Church

If you have been inspired by our work, consider subscribing to our monthly publication, 'The Mirror'. February's issue is 'The Domestic Church'. **Each month, we highlight the many injustices faced by Christians around the world and the work we do to combat this.** We also offer thought-provoking articles to help elevate our readers hearts and minds towards God our Saviour and towards the suffering Body of Christ...

SUBSCRIBE TO THE MIRROR