

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.

PALM SUNDAY – 28 March 2021

HOLY WEEK SERVICES 2021



[All services in Brunswick Road]

EASTER SERVICES

HOLY THURSDAY 1st April at 7.30pm

FRIDAY 2 April – GOOD FRIDAY

Day of Fast and Abstinence.

3.00pm Stations of the Cross & Eucharist

7.30pm The Solemn Celebration of the Lord's Passion.

SATURDAY 3 April – HOLY SATURDAY

9.00pm Solemn Celebration of the Easter Vigil

SUNDAY 4 April – EASTER SUNDAY

10am & 12noon Mass



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 TUESDAY IS RECOMMENDED.

PLEASE REGISTER USING THE CONTACT FORM [click below]

<https://www.bangorparish.com/re-opening-of-bangor-parish-for-public-mass/>

PARISH LENT REFLECTIONS

MORNING & EVENING PRAYER

All Sundays in Lent found in 'Lent Podcasts'

PRAYING WITH THE ICONS

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

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

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.

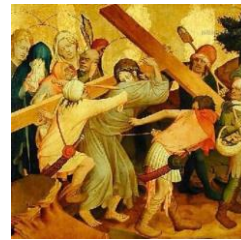
Sr Maura of the Columban Sisters

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'.



Your prayers are requested for Anniversaries:

Teresa Donaghy, Mary McGrath, Anthony Donaghy, Stephen Howie, Aaron Howie, Gerald Howie, Margaret Hall, Kathleen McLaughlin, John McCausland, Marie Jenkins, Norah & Jim Bittles, Patrick Delargy, Jeff Byrne, David McCarroll, Winifred O'Neill, Patrick & Teresa Linehan.



BAPTISM REGISTRATION

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

Please register online SIDE BAR under 'Sacramental Preparation'

Bethany Bereavement Support Group

we are here to support and listen.

Confidential. **075 1085 2157**

St Vincent de Paul

Helpline 077 0367 9384

Donations of good quality furniture and clothing are suspended temporarily.

Podcast audio Mass is available on the parish website

www.bangorparish.com

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

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/details?id=com.bangorparish). If you use these apps please '**subscribe**' to our channel so you receive all the latest podcasts straight to your phone or tablet.



5 Page Bulletin don't forget to scroll down for all the updated information...

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.

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.

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.

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/>

"I am the resurrection and the life...whoever believes in Me will have eternal life."

Do you feel called to nourish others in their faith in Christ, as priest, deacon or in consecrated life?
The gift of a vocation is discerned through prayer and grace.

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.

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.

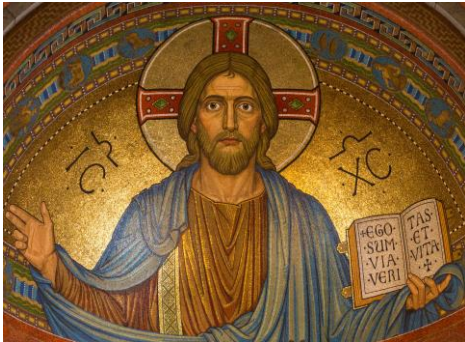
The themes for each week are:

- Week 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](#).

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 3.30pm** 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.



Palm Sunday – 28 March 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.

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



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;

- Mondays at 7pm
- Thursdays at 1:30pm
- Thursdays at 7pm

To join simply send an e-mail to livingchurch@downandconnor.org we will send you the zoom link.

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**

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.

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.

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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."

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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

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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.

Contact us at Mary's Meals E: info@marysmeals.org

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We need people like you

We are recruiting people like you to provide supported lodgings accommodation for young people aged 16-24 who are not quite ready to live independently. Supported lodgings is a type of foster care but does not require the same level of care that fostering provides. If you're interested in finding out more please:

Call us on **0800 0720 137**

or visit www.adoptionandfostercare.hscni.net

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Right To Life UK. [Stand Up and Smile campaign](http://StandUpandSmile.org.uk) 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."

Suggested prayer intentions for the coming weeks:

28th - *"We pray for all considering abortion. We pray that the love and support of those around them would encourage mothers to continue with their pregnancy and find peace and joy in what the future holds. Lord hear us"*

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

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Preparing for Marriage? [Catholic Engaged Encounter](http://CatholicEngagedEncounter.org). 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

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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'...

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>



Thank God and sincere thanks also to our many listeners and supporters as RADIO MARIA IRELAND continues to grow. As an Irish-run Catholic Talk-Radio Station we enjoy commercial free broadcasting - Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – do join our growing faith family! Here's how you can listen:

1. Via Digital TV - Saorview Channel 210/ Freeview TV (Channel number varies per location in Northern Ireland)
2. Download our FREE App "RADIO MARIA IRELAND"
3. Streaming on our WEBSITE - www.radiomaria.ie (Subscribe and Donate here also)
4. Via our 'Listen Live Radio' link on our Facebook Page. (Like, Share and Follow us)
5. Via PHONE – get live radio feed by calling +353 (0) 1 437 3277 (no extra charges apply).

Why not drop a line to our Priest Director, Fr. Eamonn McCarthy, or send in your prayer or song requests to us at Radio Maria Ireland, St. Anthony's Business Park, Ballymount Road, Dublin 22.

Like 👍 , Love ❤️ , Listen 🎧 , Share 📄 & Pray 🙏 with us also on our Facebook Page: 'Radio Maria – Ireland' and Social Media. Welcome to our Family – tune in, listen and join in the faith conversation!

AID TO THE CHURCH IN NEED

ACN LENTEN Campaign

Our Martyrs

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

