

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.

22nd Sunday in the Year – 29 August 2021 –

MASS TIMES NEXT WEEK: *Every day*
at **10AM**
Monday to Friday
[no registration needed]

MASS TIMES NEXT WEEKEND:
23rd Sunday of the Year
VIGIL SATURDAY 5 September @ 6.30pm
SUNDAY 6 September @ 10am, 12noon
NO REGISTRATION NEEDED

SUNDAY MASSES

On a trial basis for July and possibly August we will no longer require Sunday Masses to be reserved online. Admittance will be on a first come first served basis and if the permitted number is exceeded a notice to that effect will be posted on the Church door.

This trial is based on an analysis of the attendance patterns since the last reopening. Safety of parishioners and welcome to all, particularly families are joint top priorities. **Please note that the Covid sanitising regulations have not changed and will continue to be strictly observed.**

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PRAYING WITH THE ICONS

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

❖ BANGOR TROCAIRE TEAM & FRIENDS

The Bangor Trócaire team (and friends) are walking 5 million steps over 5 months (May-September). This is approximately the perimeter of Ireland!

❖ Covid has devastated many communities across the world. Your generosity allows Trocaire to continue with its life-saving work across these communities. We, the Bangor Trocaire team, have walked over 6 million steps to raise funds for Trocaire. We have overachieved our goal of 5 million steps! **We have raised £1525 to date.** Perhaps you could help us overachieve our goal of raising £2000. Please pop your donation into the parish office, clearly marked FOR TROCAIRE

❖ Online donations can be made at
www.justgiving.com/TrocaireTrekking

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## **SACRAMENTAL PREPARATION CLASSES**

**1<sup>ST</sup> PENANCE & HOLY COMMUNION** - Classes to be held in the Parish Centre on Sunday mornings at 9:15 starting in November 2021. Please register by contacting the parish office by email stating the Child's(rens) Name(s), Primary School, Year Group and Age.

## **CONFIRMATION CLASSES 2021**

2020-2021 Classes will be completed by attending the Parish Centre on a Sunday morning starting in September (more information to follow).

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Your prayers are requested for Anniversaries:

Sean O'Kane, John McAlinden, Frank Rafferty, David Anderson, Bernie Denvir, Loretta Brennan, Elizabeth O'Brien, Fenton Lyons, Rosaleen Gibson, Thomas Leonard, Kathleen Griffen, Austin Kernan, Paddy McIlroy, Elizabeth Devlin.

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'.

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

Podcast audio Mass is available on the parish website

www.bangorparish.com

[Daily] **by 12noon.** [Sat vigil] **by 9pm.**

Bangor Parish Podcast

Fr Gunn offers Mass daily in **St Comgall's Church**, Brunswick Rd 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.



REV. FR. BENEDICT, CONGR. ORAT. OF THE OXFORD ORATORY (Eamon Manning)

Fr Benedict will celebrate a first Mass in his native parish and give his first Blessing, on Friday evening, 27th August at 7.00pm at the open-air Grotto of Our Lady at Ballyphilip, Portaferry. (Not on Webcam) All are welcome.

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

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... weekly**
Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanna.
- Family Creative Prayer.

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Diocesan Directory available in the Parish Office. Cost £4.50 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.

SEASON OF CREATION: RESTORING OUR COMMON HOME

The Season of Creation begins on **Wednesday 1st September**. Pope Francis has invited the faithful to participate in this annual season "to renew their faith in the God of creation and join in prayer and work for the care of our common home." As a Diocese we will mark the opening of the Season of Creation with a service on **Wednesday 1st September in St Peter's Cathedral at 7pm**. The event is being coordinated by a newly established Laudato Si group in the Diocese and the homilist will be Fr Timothy Bartlett. Join us online www.churchservices.tv/stpeterscathedral

We are all encouraged in this season to read Pope Francis' encyclical *Laudato Si' On Care of our Common Home*. In this week we pray for greater attention to the Cry of the Earth and the Cry of the Poor and that we may commit ourselves to living according to the vision and values of Laudato Si'.

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.

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. T: **077 0367 9384**

COVID INFORMATION

An up-to-date summary of all Executive regulations and guidance can be found at:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>



Angel Guardian

"Angel of God my guardian dear to whom God's love commits me here. Ever this day be at my side, to light, to guard, to rule and guide. Amen."



22 Sunday in the Year – 29 August 2021

Lord Jesus, you have said, 'Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you.' I come to you in faith and trust, in love and hope. Let me know your closeness to me and your care for me and for all who are dear to me.

My intention: Hear my prayer (*mention intention*); grant what I ask, and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour. And so, Most Sacred Heart of Jesus, I place all my trust in you.

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

CALENDAR OF SAINTS DAYS

AUGUST / SEPTEMBER 2021

Friday 27th August Saint Monica	Friday 3rd September (First Friday) Saint Gregory the Great, Pope & Doctor
Saturday 28th August Saint Augustine, Bishop & Doctor	Saturday 4th September Saint MacNissi, Principal Patron of Connor.
Sunday 29th August 22 nd Sunday in the Year	Sunday 5th September 23 rd Sunday in the Year
Monday 30th August Saint Fiacre, monk	Wednesday 8th September The Nativity of the Blessed Virgin Mary
Tuesday 31st August Saint Aidan of Lindisfarne	Thursday 9th September Saint Ciaran, Abbot
Wednesday 1st September Day of Prayer for the Care of Creation	Friday 10th September Saint Peter Claver

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 - I will be leading a live Rosary broadcast and later in the evening **Every Saturday at 8.30pm** I will be leading prayer with Eucharistic Adoration on the Catholic Internet TV – Shalom World 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 live Rosary and live Eucharistic Adoration.

The Lough Derg Pilgrim Path on the lough shore is now open daily. The full route is a 12km loop, with a shorter 8km option, and several information boards highlight features of particular interest. Leaflets are available at the Visitors Centre. For bookings and further information email info@loughderg.org or telephone 0(0353) 71 9861518.

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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.

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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),

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USE THE LINK BELOW TO ACCESS - Issue 67 of *Sharing the Good News*. The current issue can be linked to and downloaded from the home page of www.catholicbishops.ie.

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Greetings from Dromantine Retreat and Conference Centre. The following directed retreat and workshops will be led by Father Hugh Lagan SMA in October and November 2021. To find out more, kindly click on the blue 'Dromantine Workshops' button below to open the attached A4 flyer. The retreat and workshops are open to everyone. Spaces are limited and the centre will operate in full compliance with all public health regulations With kind regards, Dromantine Retreat and Conference Centre



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Right To Life UK Email: info@righttolife.org.uk

I am writing today to share that Right To Life UK will be attending the upcoming March For Life event that will be taking place in London on Saturday 4 September. We hope that you and your parishioners will be able to come along and join us as we come together for this great event demonstrating to the UK our united efforts against abortion and to support women.

The event will begin with Life Fest, which will happen between 10am and 1pm in the Emmanuel Centre, Marsham Street, London, SW1P 3DW. March For Life have organised for us and other pro-life charities to be there, as well as inspiring speakers, people sharing moving testimonies, live music, pro-life merchandise, activities and more, so please do come and say hello! We will then march together at 1:30pm from the Emmanuel Centre to Parliament Square.

More details on the event including information on travel, activities and how to get involved can all be found on the March For Life website below. We can't wait to see you there!
www.marchforlife.co.uk/m4luk-2021-event-page/
www.marchforlife.co.uk/m4luk-2021-event-page/

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DRUMALIS RETREAT CENTRE, LARNE

For further information, please contact 028 28276455/28272196 during office hours (Mon-Fri, 9 am – 5 pm) or email maura@drumalis.co.uk Details are also available on the Drumalis website - <http://www.drumalis.co.uk>

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"Earth Matters" with Sr Anne Harnett CP and Sr Margaret Rose McSparran CP. A creation time opportunity to engage with the ecological issues of our day and to explore a way forward for all over three Zoom sessions in September – 7, 14 and 21 Sept from 10:30 am – 12:30 pm.

"All My Children: Genesis and Exodus. Who said family was easy?" with Sr Pam Thimmes OSC. An eight part Zoom series exploring the theme of family in the Books of Genesis and Exodus. The course will take place from 7:00 pm – 9:15 pm on 9 Sept, 30 Sept, 14 Oct, 28 Oct, 11 Nov, 25 Nov, 13 Jan and 27 Jan.

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"Is that you, God?" - Ignatian Discernment for our Day - Commencing 8 September 2021

This series will take place over five Wednesday evenings from 7:15 pm – 8:30 pm (8, 15, 22 and 29 Sept and 6 Oct) and will be led by Virginia Blass, an experienced retreat giver and author from USA. If you would like to better recognise God's loving presence in your daily life, engage in making more Spirit-led decisions and find more purpose and meaning in life, then this course may be for you.

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Growth in Prayer and Reflective Living

Commencing Monday, 20 September

Applications are now being accepted for the third intake of this popular one-year programme for those who want a closer relationship with God. Living out faith isn't easy against the backdrop of our fast-paced, noisy and instantaneous culture. The **Growth in Prayer and Reflective Living** course will give you the tools and space to become attuned to God's voice in the midst of the clamour. The course will take place over 21 Monday evening sessions from 7:00 pm – 9:30 pm via Zoom.

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ANAM CARA

Anam Cara offers Face to Face meetings. You can contact us on **NI: 028 9521 3120** and we can explain how this will work. Once again we would like to take this opportunity to thank you for your continued support of Anam Cara. There is no doubt the last months have been very challenging for everyone. Hopefully the worst is behind us, in terms of lockdown and social distancing and that we can look forward to seeing you soon. Take Care and Kindest Regards, Leanne Contact Numbers NI 028 9521 3120
Email: info@anamcara.ie/info@anamcarani.co.uk
Web Address www.anamcara.ie/www.anamcarani.co.uk

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

FRIENDS OF COLUMBANUS: Columban Way Turas Columbanus
turascolumbanus@gmail.com

**WALKING TOGETHER – MARCHER ENSEMBLE –
CAMMINARE INSIEME – GEMEINSAM WANDERN**

Dear friends,

The Covid pandemic has prevented us from travelling and visiting each other, as we would like to do. Who know when this will be possible again? So we have a suggestion:

"let's walk together – each in our own country and region".

A first opportunity would be in early September, between the 7th and 10th:

- On the 7th to 9th, a group will be walking the Kolumbansweg (Switzerland).
- On September 10th, there will be a walk in the vicinity of the Chapelle Saint-Colomban, Sainte-Marie-en-Chanois (near Luxueil).



Another opportunity would be in early October:

- During the beginning of October a group will be walking Columban Way in the vicinity of Mt. Leinster.
- On 6th October a group will be walking at Cleenish Island (the monastery where Columbanus studied before coming to Bangor).
- Also on 6th October, a group will be walking the Kolumbansweg (Switzerland). and from 12th - 15th October a group will also be a group will be walking the Kolumbansweg (Switzerland).
- On 16th October a group will be walking the Turas Columbanus in County Meath
- Other walks could be planned in Ireland, France and Italy around these dates.



Would you like to join us around these dates and walk part of Via Columbani, or any other place where Columban's memory is celebrated? If you can, please let us know:

email: turascolumbanus@gmail.com

We hope to do this several times a year; and for many years to come. So whenever you're planning a walk, please share the information with those in other countries too.
Many thanks.

If you would like to help ACN support projects like the new parish and pastoral centre for the Salesians in Istanbul, **please consider making a donation.**

DONATE TO ACN

ACN and the failed Soviet August Coup

IT IS NOW 30 YEARS SINCE THE FAILED SOVIET AUGUST COUP. THE FAILURE OF THE COUP SPELT THE END OF THE USSR. ACN PLAYED A VITAL ROLE IN PROVIDING THE RADIO TRANSMITTER USED BY BORIS YELTSIN TO CALL ON RUSSIANS TO PROTEST THE COUP. THESE PROTESTS ENSURED THAT THE COUP FAILED. By ACN Staff

Soviet soldiers and tanks on the edge of Red Square during the coup August 1991. (Credit: Almog)

On 19th August this year, we mark **30 years since the failed coup** attempted by the Soviet military and Communist elites to halt the reforms of the President of the Soviet Union, **Mikhail Gorbachev**. This event was pivotal in the eventual **collapse of the USSR** later in 1991. The coup succeeded in its goal of getting rid of Gorbachev but **failed in its overall goal of maintaining the status quo in the Communist USSR**. What is not very well known is that **a radio transmitter smuggled into the USSR with the help of Aid to the Church in Need (ACN) played a vital role in making sure the coup failed.**



As Soviet tanks and armoured personnel carriers rolled through Moscow and Gorbachev was forced to stand down, the president of the Russian Soviet Republic, **Boris Yeltsin, stepped forward as the main leader of the opposition to the military coup**. The main strength that Yeltsin and his supporters had was the popularity of Yeltsin with many Russians. It was therefore vital that as many Russians as possible, particularly those living in Moscow, could **hear Yeltsin speak**.



Soviet tanks in Red Square during the coup. (Credit: Almog)

After Yeltsin had addressed crowds of protesters while standing on top of a tank outside of parliament, he returned to the parliament building. **Yeltsin asked his colleagues and allies in the parliament building if anyone had access to a radio transmitter to allow him to speak to the people.** The military commanders behind the coup were smart and had made sure that **all state broadcasting facilities were seized by the Soviet Armed Forces** as part the initial stages of the coup. It looked as though no radio transmitter was available for Yeltsin to speak to the people.

ACN had been working in the shadows in the USSR for years and had built up a network of Christians who were determined to preach the Gospel in the face of the opposition of the Communist authorities. **In this context, a joint project by the Catholic Church and the Orthodox Church in Russia began to set up a Christian radio station called Radio Blagovest or "Good News Radio"**. After generations of Communist rule, the Russian population was out of practice of going to church, so the radio was the perfect means to reach into people's homes to spread the Gospel Message. **The radio station was receiving support from ACN and a Dutch foundation. Equipment to carry out radio broadcasts had been smuggled into Moscow to set up the radio station.** The station had **not received a broadcasting license** from the Soviet Ministry of Communication, but everything else was in place to carry out broadcasts.

As Yeltsin wondered where he would be able to find a radio transmitter not under military control, **a member of the Russian parliament, Viktor Aksiutsjik, stepped forward and said he knew where they could find equipment for a radio broadcast.** Aksiutsjik was on the board of **Good News Radio** and remembered that the station had equipment needed for radio broadcasts that was secretly sitting in a warehouse. **A lorry was dispatched to the warehouse to fetch the equipment** and a radio transmitter was soon set up in the parliament. **Yeltsin was able to successfully call the people of Moscow onto the streets over the radio.** Moscow was thronged with protesters. **By the evening of the 21st August the attempted coup had failed, and Soviet troops stood down. By December 1991, the USSR was dissolved.** Yeltsin expressed his thanks to Radio Blagovest (Good News Radio) and **in September 1991 they were given a broadcasting license. The station continues to broadcast Christian radio to this day.**

Since the 1960s ACN has been supporting Christian radio and television broadcasts around the world. **In many parts of the world these broadcasts are the only way to reach the faithful and are also a good way of reaching those who are not practicing their faith or have not heard the Gospel Message.** In other contexts of political repression and media suppression, Church radio plays a vital role in allowing people air grievances and injustices. For these reasons, **ACN is committed to continuing to support Church broadcasts over radio and television.**