

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: Closed.

22nd Sunday in Ordinary Time – 30 August 2020

MASS NEXT WEEK:

WEDNESDAY 2 SEPTEMBER at 10am – **NO ONLINE REGISTRATION NEEDED.**

in St Comgall's Church, Brunswick Road

SATURDAY VIGIL 5 September at 6.30pm & SUNDAY 6 September at 10am – **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 on the parish website www.bangorparish.com

Dear Parishioner,

Please sign up for **MASS** in St Comgalls Church, Brunswick Road. Using the **two metre** distancing rule the Church can hold fewer people than the hall so please register early.

For the time being it will no longer be necessary to register for the WEEK DAY MASSES. People attending these Masses will be asked for their name which will be recorded and then will be shown to a seat by the Steward.

Please note that online registration for weekend Masses are still necessary.

The Covid-19 virus is still circulating and all necessary sanitising advice supplied by the Diocese following government recommendations will be strictly observed. We need **volunteers to steward and to clean** and anyone over the age of 18 who would like to do so is invited to contact the parish by email as soon as possible.

As part of Track and Trace everyone will be required to apply for Mass online. This will also prevent people from having to be turned away because the number of permitted attendees has been reached. I do not want people who have made the considerable physical and psychological effort to come to Mass to be turned away at the door. **Applications will be dealt with on a first come first served basis.** A seat(s) will be allocated to you. If you cannot avail of this allocation please let us know so that someone else may do so. I am fully aware that this will cause many difficulties and it goes against every custom and every tradition that we hold dear but the aim is to provide Mass to as many people as possible while keeping everyone safe.

International experience has shown churches can be a source of infection spikes. The places you occupy will be cleaned after you use them and time must be given for them to dry before the next Mass. The doors of the centre will remain open to provide ventilation and the toilets will remain CLOSED. Masks must be worn.

I realise that these are onerous conditions to impose for the celebration of the Mass which is a coming together of the Parish but the primary aim is the safety of all. I should be very grateful if you would tell as many people as possible about this notice and the means of applying for Mass.

Upon receipt of your online form we will contact you to confirm the allocated Mass, day and date. **Communication with all parishioners is very difficult at the moment please alert other parishioners to this notice.**

With every best wish and sincere thanks for your assistance in this important but complicated matter.



Your prayers are requested for
Recently Deceased: Anna Gardiner.
Month's Mind: Molly Donegan
Anniversaries:

Bernie Denvir, Loretta Brennan, Sean O'Kane, Elizabeth O'Brien,
Fenton Lyons, Rosaleen Gibson, Thomas Leonard, Kathleen Griffen,
Austin Kernan, Paddy McIlroy.

5 page bulletin this weekend includes the readings for Mass.

Many thanks to those who have already volunteered to become Stewards and to help prepare the Church before and after each Mass. We still need more help to set up a rota over the coming weeks! Please contact the parish office by email if you are able to help.

Bethany Bereavement Support Group
we are here to support and listen.
Confidential. **075 1085 2157**

St Vincent de Paul
Helpline 077 0367 9384

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
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**'

Podcast audio Mass is available on the parish website
www.bangorparish.com (Daily) by **11.00am**. [Sat vigil] by **7pm**.

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.



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.
- Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanna.
- Family Creative Prayer & SUNDAY LOOK SHEETS.

SVP-The Society continues to help those in need who seek their assistance, albeit on reduced resources with the suspension of Parish Masses. Many thanks to those Parishioners who have donated to date.

If you are in a position to assist, donations can be made via St Vincent de Paul website (svp.ie) Follow the on screen instructions and when prompted indicate if your donation is for St Comgalls Bangor or Most Holy Redeemer Ballyholme. Alternatively a payment can be made direct to the Conferences Bank Accounts with First Trust Bank-Sort Code 93-82-03. St Comgalls A/C 25302098. Most Holy Redeemer Ballyholme A/C 06885061. For account reconciliation purposes please provide a note of your name where indicated.

Donations of furniture and good clothing are suspended temporarily.

Non-perishable food donations can continue to be made to Storehouse at their premises at 12 Balloo Avenue, Bangor only on Mondays and Thursdays 2.00pm to 4.00 pm. Again many thanks for your continued support.

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 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!

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

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

NEED EXTRA SUPPORT! CARE FOR THE FAMILY... <https://www.careforthefamily.org.uk/>

<https://www.careforthefamily.org.uk/family-life/bereavement-support/widowed-young-support>

A free Zoom support day for young widows and widowers here in NI on the 3rd October 2020 (See details below)

<https://www.eventbrite.com/e/widowed-young-support-3-october-tickets-116738188063>

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**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.

### ***Growth in Prayer and Reflective Living*** **Drumalis, Larne – commencing Monday, 14 September (online by Zoom)**

Due to the success of last year's course, applications are now being accepted for the new intake of this 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.

Taking place over 30 Monday Evenings from 7 pm – 9:30 pm, the course will take place initially by Zoom and eventually in-house when Drumalis re-opens. Please note that it will also be possible to attend the whole series by Zoom if this is your preference.

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

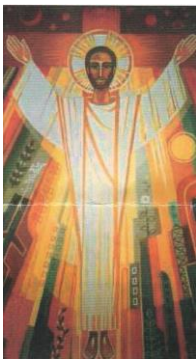
### **Celebrate National Heritage Week with 9-step Pilgrim Walk.**

We have produced a short guide for a 9-step pilgrim walk to celebrate National Heritage Week in ROI. This will also serve us to celebrate the European Heritage Open Days in NI that was due to take place on 12th and 13th September. Due to Covid-19 we had to postpone all scheduled walks for 2020.

This guide allows us to celebrate our commitment to walking Turas Columbanus/The Columban Way and promote it in our communities.

The 9-step guide is posted on the homepage of Columban Way webpage: <https://www.thecolumbanway.eu> and on Youtube: [Turas Columbanus \(please sign up to the channel\) https://youtu.be/K1\\_2nf7qqTA](https://www.youtube.com/channel/UC2nf7qqTA)

It is also on our turas columbanus Facebook page: [https://www.facebook.com/pg/turasolumbanus/photos/?tab=album&album\\_id=2617481398515007](https://www.facebook.com/pg/turasolumbanus/photos/?tab=album&album_id=2617481398515007)



## Readings at Mass – 22<sup>nd</sup> Sunday in Ordinary Time, 30 August.

**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.

**Entrance Antiphon - Cf. Ps 85: 3, 5**

Have mercy on me, O Lord, for I cry to you all the day long.  
O Lord, you are good and forgiving,  
full of mercy to all who call to you.

### 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** - Jeremiah 20:7-9 · *The word of the Lord has meant insult for me*

You have seduced me, Lord, and I have let myself be seduced;  
you have overpowered me: you were the stronger.

I am a daily laughing-stock,  
everybody's butt.

Each time I speak the word, I have to howl  
and proclaim: 'Violence and ruin!'

The word of the Lord has meant for me  
insult, derision, all day long.

I used to say, 'I will not think about him,  
I will not speak in his name any more.'

Then there seemed to be a fire burning in my heart,  
imprisoned in my bones.

The effort to restrain it wearied me,  
I could not bear it.

The Word of the Lord.     **R:** Thanks be to God.

**Responsorial Psalm** - Psalm 62(63):2-6,8-9

*For you my soul is thirsting, O Lord my God.*

O God, you are my God, for you I long;  
for you my soul is thirsting.

My body pines for you  
like a dry, weary land without water.     *Response*

So I gaze on you in the sanctuary  
to see your strength and your glory.  
For your love is better than life,  
my lips will speak your praise.     *Response*

So I will bless you all my life,  
in your name I will lift up my hands.

My soul shall be filled as with a banquet,  
my mouth shall praise you with joy.      *Response*

For you have been my help;  
in the shadow of your wings I rejoice.  
My soul clings to you;  
your right hand holds me fast.      *Response*

**Second reading** - Romans 12:1-2 · *Offer your bodies as a living sacrifice*

Think of God's mercy, my brothers, and worship him, I beg you, in a way that is worthy of thinking beings, by offering your living bodies as a holy sacrifice, truly pleasing to God. Do not model yourselves on the behaviour of the world around you, but let your behaviour change, modelled by your new mind. This is the only way to discover the will of God and know what is good, what it is that God wants, what is the perfect thing to do.

The word of the Lord.      **R:** Thanks be to God.

**Gospel Acclamation** - cf.Ep1:17,18

Alleluia, alleluia!  
May the Father of our Lord Jesus Christ  
enlighten the eyes of our mind,  
so that we can see what hope his call holds for us.  
Alleluia!

**The Gospel according to St Matthew** (16:21-27) - *'Get behind me, Satan!'*

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord;' he said 'this must not happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?

'For the Son of Man is going to come in the glory of his Father with his angels, and, when he does, he will reward each one according to his behaviour.'

The Gospel of the Lord.      **R: Praise to you, Lord Jesus Christ.**

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**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