

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.

The Most Holy Trinity Sunday – 30 May 2021

MASS TIMES NEXT WEEK: *Every day*
at **10AM**
Monday 31st May to Friday 4 June
[no registration needed]



MASS TIMES NEXT WEEKEND:
The MOST HOLY
BODY & BLOOD of CHRIST
VIGIL SATURDAY 5th June @ 6.30pm
SUNDAY 6th June @ 10am, 12noon
online registration required.

When registering please specify which Mass you would like to attend.
[You will be contacted by text on Thursday when you have been allocated your seat(s).]

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/>

PRAYING WITH THE ICONS

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

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>

+++++

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!

We hope to raise funds to assist in health care and pandemic programmes in the developing world.

Donations via Just Giving are very welcome but if you wish to donate via cash or cheque, these can be put through the St. Comgalls Parish Office letterbox in an envelope clearly marked 'Trocaire Trekkers'. If you are eligible to claim Gift Aid please include your name and address and state that you are eligible to claim Gift Aid. Any money donated before May 16th will be matched by the government!!!

Thank you very much for your support!

Online donations can be made at www.justgiving.com/TrocaireTrekkers

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:

Neil Murray, James McKeown, Pat Devine,
Robert Johnston, Gerry Murray,
Margaret McLean, Colin Blaney,
William McGrenaghan, Nancy McCart,
John Fox

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.

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 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](https://www.apple.com/app-store/) or [Google Play](https://play.google.com/store/apps/details?id=com.parishofbangor). 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.

=====

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.

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**

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.



VOCATION Intercession

"That the mystery of the love of the Blessed Trinity, manifest in the gift of Jesus Christ, will strengthen many men and women to respond to that love as priests, deacons and in the consecrated life."

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 (April-June 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.



The Most Holy Trinity – 30th May 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

CALENDAR OF SAINTS DAYS

MAY 2021

Saturday 29th May

Saint Paul VI, Pope

Sunday 30th May

THE MOST HOLY TRINITY

Monday 31st May

The Visitation of the Blessed Virgin Mary

Tuesday 1st June

Saint Justin, Martyr

Wednesday 2nd June

Saint Marcellinus & Saint Peter, Martyrs

Thursday 3rd June

Saint Kevin

First Friday 4th June

Saint Charles Lwanga & Companions, Martyrs

Saturday 5th June

Saint Boniface, Bishop & Martyr

Sunday 6th June

THE MOST HOLY BODY & BLOOD OF CHRIST

Monday 7th June

Saint Colman, Bishop

Wednesday 8th June

Saint Columba (Colum Cille), Abbot & Missionary

Thursday 9th June

Saint Ephrem, Deacon & Doctor of the Church

Friday 10th June

The Most Sacred Heart of Jesus

Saturday 11th June

The Immaculate Heart of Mary

NATIONAL CENTRE FOR LITURGY - Keeping The Song Alive || Celebrating and Supporting the Work of Cantors in our Church. The Advisory Committee on Church Music invites you to take part in a **Celebration by Zoom on Wednesday, 16 June 2021** from **7.30 – 8.30 p.m.** Included in the Event: *Sharing the Experience of Cantors, Input on Repertoire, Copyright, Caring for your Voice.* **TO REGISTER, PLEASE CLICK ON THE FOLLOWING LINK:**

<https://www.eventbrite.ie/e/keeping-the-song-alive-the-advisory-committee-on-church-music-tickets-155812189453>

=====

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

=====

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.

=====

**"The Healing Power of Poetry"
with Sr Una Agnew SSL PhD**

hosted by Drumalis via Zoom from 10:30 am – 12:00 noon (20 & 27 May and 3 June)

Focusing on the poets Patrick Kavanagh and Seamus Heaney, these three sessions led by Sr Una Agnew will look at some of the ways in which poetry offers an alternative mind-set to experiences of social unrest, self-questioning, isolation, failure, and personal loss and gifts us instead with moments of perspective, meaning, transcendence and spiritual healing. Suggested Donation: £30 per person. For further details or to book a place, please contact Drumalis during office hours (Mon-Fri, 9 am – 5 pm) – 028 28272196/28276455 or email drumalis@btconnect.com

=====

RIGHT TO LIFE UK.

The Severe Fetal Impairment Abortion (Amendment) Bill will remove the current grounds in the Northern Ireland abortion regulations that were imposed on Northern Ireland that allow abortion for 'severe fetal impairment'. Under these grounds in the regulations, babies with disabilities including Down's syndrome, cleft lip and club foot can currently be singled out for abortion in Northern Ireland because of their disability and can be aborted right up to birth.

The Northern Ireland Health Committee is now undertaking a consultation on the Bill and is seeking submissions from the public. It is important that as many people as possible submit to the consultation in support of the Bill to clearly show that there is widespread support for this important change.

Right To Life UK has set up an easy-to-use tool on their website that makes it simple to complete your submission. This tool can be accessed [here](#).

PRAYER INTENTIONS

23rd - *"As we celebrate the feast of Pentecost, we recall the fruits of the Spirit that are present in our lives. We pray that in our church's mission to serve the poor, broken and unborn, it would be anchored in love, joy, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Lord hear us"*

30th - *"We pray for our Government, that their ability to support pregnant women would increase and that they would anchor themselves on the desire to protect all human life. Lord hear us"*

=====

Handmade Religious Gifts.

The Dominican Sisters of St Joseph have got you covered! We serve the Church through prayer, study, community life, and proclaiming the truth of the Catholic Faith in as many ways as possible - including art and beauty! We offer a wide range of affordable handmade rosaries, greetings cards, prayer cards, chaplets, prints and artwork. We also accept requests for bespoke commissions to suit your needs. Browse our Etsy store at <https://www.etsy.com/shop/dominicards/>

All proceeds from our products go towards supporting our life and mission.

Missionaries in the Amazon's Rainforests

ACN SUPPORTS LAY MISSIONARIES ALL OVER THE WORLD. ONE AREA WHERE THIS SUPPORT IS PARTICULARLY NEEDED IS IN THE VICARIATE OF SAN JOSÉ DEL AMAZONAS IN NORTHERN PERU. THE WORK OF VICARIATE'S 59 LAY MISSIONARIES IS VITAL TO THE LIFE OF THE LOCAL CHURCH.

By ACN Staff

Parish Inmaculada Concepcio in Pevas. (Credit: Aid to the Church in Need)

The Vicariate of San José del Amazonas in Peru is about the size of Ireland and Portugal combined. The vicariate is located in the north of Peru, close to the border with Colombia and Brazil. A very high proportion of the population here are indigenous people who live in **small settlements scattered throughout the rainforests.** State services, such as healthcare and education, are practically non-existent.

Lay missionaries with local communities. (Credit: Aid to the Church in Need)

The vicariate only has 14 priests to minister to the scattered population, with the Church often having to turn to the vicariate's 59 lay missionaries to help with ministering to the local people. The missionaries come from a variety of countries, such as Mexico, Poland, Canada, Colombia, Spain, Brazil and India. The missionaries have been working in this part of Peru for over 25 years and have **been receiving support and help from Aid to the Church in Need (ACN)** for much of this time.

The lay missionaries help the vicariate operate a leprosy centre, 16 healthcare centres, a hospital, 16 outposts, 4 schools, 2 boarding schools and 2 centres for people with disabilities. The lay missionaries also go and visit some of the more outlying isolated communities. **Due to the shortage of priests, the lay missionaries often lead local communities in the Liturgy of the Word, train catechists, educate children, work with families and outreach to indigenous communities.**

One of the missionaries **ACN helps support is Gabriel Grégoire from Canada.** At this time of COVID he helps with cleaning and disinfecting the vicariate's facilities. **He also leads the congregation in responses to the liturgy and leads the Liturgy of the Word when there are no priests present.** He also helps with the vicariate's finances, is involved with the Legion of Mary and helps with the sick and prays with them. **Another Canadian missionary is Alain Lacroix, who helps run a workshop and maintains vehicles for the vicariate.**

Antonio Romero and Mónica Adriana with their three children. (Credit: Aid to the Church in Need)

The lay missionaries also include families like Antonio Romero and his wife Mónica Adriana and their three children. The family is from Mexico and move to Peru to help the vicariate. Antonio explains that their work has changed because of COVID-19 and the local community faces many challenges:

"There are the calls for support and counsel at the death of a family member, the sickness of others, knowing there is no medication, not even paracetamol or medical alcohol; the shortages of food, the fact that oxygen, which was once pure and free in the rainforest, we now have to buy at a cost of over 3500 soles for 10 m³ so there are people with a family member dying who can find no one to lend, hire or sell them an oxygen cylinder... and then afterwards trying to get it filled – which is another endless saga..."

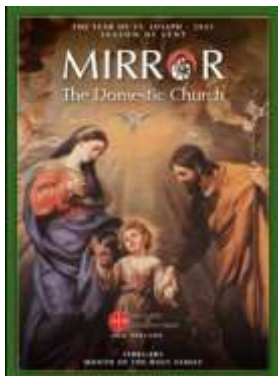
Another missionary helped by ACN is Dominik Szkatula from Poland, who has been in Peru since 1982. Her experience as a lay missionary has taught her that everyone has a role in Christ's Church:

Dominik Szkatula. (Credit: Aid to the Church in Need)

"I know from my own experience that we can all play an active part in the saving mission of Christ. I consider myself to be extremely fortunate, because living in Amazonia you can live closer to God, and by working with the simple and humble people living here, you can actually touch Him."

ACN has committed to continue to offer support to the lay missionaries in the vicariate. **The local bishop sent a letter to ACN asking for the support to continue. He explains that this support is vital to the mission of the local Church, as the local people do not have the means to support the missionaries' activities.** If you would like to help ACN support the Church's mission in countries like Peru please consider making a donation. **Also please join us in prayer for the continued success of the mission work in the Vicariate of San José del Amazonas.**

Amazonas.



The Mirror:

SUBSCRIBE TO THE MIRROR

