

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.

Fourth Sunday of the Year – 31 January 2021

PUBLIC MASS NEXT WEEK:

As you know there will be **NO PUBLIC MASS** in the Parish until the end of this lock down. The only exceptions will be funerals and marriages. You are encouraged to participate in daily Mass either by the parish podcast or using any of the Masses which are being streamed in the Diocese and throughout the world.

Baptisms will be open for booking mid to late February. Those who register online, found on the side menu of website under 'Sacramental Preparation', will be contacted by the parish office.

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



Your prayers are requested for

Anniversaries:

Gerard Cassidy, Mary Bunting,
Kathleen McMullan,
Catherine & William Quirk, Julia Coey,
Patricia Hagan, Margaret Moore,
Hazel Allen, May Gallagher, Mollie Hall,
Winfred Savage, Esther Hill,
Patricia Simpson, Stephen McKearney
Snr, Edward McDaniel, Mollie Sullivan,
Eileen Morrow, John McMullan,
Cynthia Baxter.

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'.

CATHOLIC SCHOOLS WEEK starts Sunday 24th January please check out the upcoming audio podcasts from Fr Gunn on all the Bangor Parish Schools' websites.

Catholic Schools Week 2021 will be celebrated from Sunday 24 January to Sunday 31 January 2021 on the theme 'Catholic Schools: Communities of Faith and Resilience'.

<https://www.catholicschools.ie/wp-content/uploads/2021/01/CSW2021-Primary-Flyer-English.pdf>

Catholic Schools Week 2021
24 - 31 January 2021



www.catholicbishops.ie | #CSW2021 | www.catholicschools.ie



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.

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.

Covid 19.

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**

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://www.google.com/googleplay). 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.

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BAPTISM REGISTRATION

Baptisms will be starting back in mid-February 2021.
Evenings only until further notice at 7pm.
Wednesdays, 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.

4 Corners Festival Belfast

This inter-denominational arts festival aimed at promoting reconciliation runs from **January 31 to February 7**. Because of the pandemic it is a purely on-line project with all events being available in the comfort of your home via "live" video streaming services such as Facebook and YouTube.

Further details can be found at the website: www.4cornersfestival.com

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### **TUESDAY 2 FEBRUARY**

#### **The Ambrose Macaulay Memorial Lecture: Dr Eamon Phoenix**

*Partition and the Creation of the Northern Ireland State 1912-22*

Well-known historian and broadcaster, Dr Eamon Phoenix, will deliver a Memorial Lecture to honour the life and learning of priest, university chaplain and church historian, Monsignor Ambrose Macaulay. The Lecture will be delivered in collaboration with Anne Donnelly of NI Screen and is co-hosted by the Catholic Chaplaincy at Queen's University and St Brigid's Parish Belfast. This online event will take place on **Tuesday 2<sup>nd</sup> February, at 7pm**. To attend, email [qubcc@downandconnor.org](mailto:qubcc@downandconnor.org) for Zoom details.

**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. 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.soulpardonmission.com](http://www.soulpardonmission.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](http://www.swprayer.org) Please be assured that I will be including all the parishioners and their families during this Rosary.



## Fourth Sunday of the Year – 31 JANUARY 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 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 18:15-20** A reading from the book of Deuteronomy

**RESPONSORIAL PSALM Ps94:1-2.6-9.R.v.9 R. O that today you would listen to his voice! Harden not your hearts.**

**SECOND READING 7:32-35** A reading from the first letter of St Paul to the Corinthians.

**GOSPEL 1:21-28** A reading from the holy Gospel according to Mark.

## 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

**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](mailto:info@acnireland.org) if you would like to join us weekly to pray for the persecuted Church.

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**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/>

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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](http://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. This January, as many of us turn our minds to achieving new resolutions and personal goals, the Miles For Mary's Meals campaign is the perfect way to fulfil your new year's resolutions while making a long-lasting difference to the world's poorest children. Whether it's taking on a regular run, getting on your bike or upping your daily step count, there are lots of different ways you can take part. Simply set yourself an active challenge and make a donation, or ask for sponsorship from friends and family for every mile that you achieve. And thanks to Double The Love, your miles will go even further! Give until 31 January 2021, and the UK government will match public donations, up to £2 million, helping us to reach more hungry children in Liberia.  
[Please ensure that you take part in your chosen challenge safely and follow Covid-19 restrictions in your local area.](#)  
Contact us at Mary's Meals E: [info@marysmeals.org](mailto:info@marysmeals.org)

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**Deacon Eric Cooney | Administrator - National Vocations Office** Irish Catholic Bishops' Conference | Columba Centre | Maynooth | Co. Kildare Tel: +353 (0)1 505 3118 email: [Eric.Cooney@vocations.ie](mailto:Eric.Cooney@vocations.ie)

The following link will bring you the resources for the period from next Sunday (The Baptism of the Lord) up to the Sixth Sunday in Ordinary Time. The link is:  
<https://vocations.ie/2021/01/04/parish-resources-jan-10th-to-feb-14th-2021/>

Alternatively they are easily found by just visiting the [www.vocations.ie](http://www.vocations.ie) website.

**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.

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ST ELISABETH CONVENT – (ORTHODOX)

We are hosting this Livestream because we want you - and everyone reading these words - to know that THEY ARE NOT ALONE.

Our Livestream will be dedicated to the tradition of Christmas Caroling: How we celebrate Nativity, where we travel, what is caroling like and if it is relevant in the contemporary world. **Additionally, we will be answering your questions live on air. So it's another great reason to participate!**

[So, regardless of where you are in the world, we want you to mark your calendar and set a reminder to join us. You can do so by clicking this link and then clicking the 'Reminder' button and bell underneath the video.](#)

To learn more about Saint Elisabeth Convent's many ministries, please click on this link.

[Faith, Hope, and Charity: the many ministries of St Elisabeth Convent](#)

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**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 38512

AID TO THE CHURCH IN NEED

Feeding Lebanon's Needy

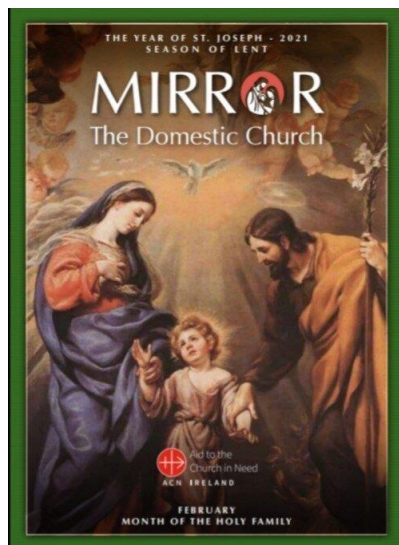
LEBANON HAS GONE THROUGH A LOT IN THE LAST YEAR. THE REFUGEE CRISIS IN THE COUNTRY HAS BEEN SOMEWHAT FORGOTTEN WITH ALL THE RECENT DEVELOPMENTS. AID TO THE CHURCH IN NEED HAS BEEN WORKING HARD WITH THE CHURCH IN LEBANON TO HELP PROVIDE RELIEF TO THE REFUGEES IN LEBANON. By Conn McNally

The year 2020 was not a good year for Lebanon. At the start of the year the country was suffering from an economic and monetary crisis. Then COVID-19 hit, and like everywhere Lebanon's economy and people suffered. Disaster struck in August when a large explosion occurred in Beirut's port, rocking the Lebanese capital. Lebanon faced an unparalleled peace-time crisis. What was sometimes forgotten during this whole period was that Lebanon is home to the highest number of refugees per capita of any country in the world. Lebanon is home to nearly to one and a half million refugees. The majority of these refugees have fled conflict in neighbouring countries such as Syria.

The Church has been very active in helping to care for the needy in Lebanon, including the refugees. This is particularly the case for the Greek Melkite Catholic Eparchy of Zahle. The diocese is located in the Beqaa Valley. This is in the east of Lebanon, close to the boarder with Syria. For this reason the Eparchy of Zahle has seen a large number of refugees arrive from Syria. Many of these refugees are Christians. Life was extremely hard for these refugees even before the economic crisis and the arrival of the COVID-19 pandemic. It has now become even more difficult. This is the case Rief family. The Christian family who fled from the war in Syria to Lebanon around three years ago. The family consists of a mother, father and their three children. Two of the children are now adults. The family were able to find occasional work to get by, but since the economic crisis and the COVID pandemic this work has dried up.

Thankful, the Rief family are not on their own. God is always with them, and the Church will not turn Her back on them. Aid to the Church in Need (ACN) has been working very closely with the Greek Melkite Catholic Eparchy of Zahle. Since 2019, ACN has provided €3.6 million worth of aid to the refugees in the Zahle area. One of the projects supported is the St John the Merciful's Table. This was set up by the Melkite eparchy in December 2015. It provides a daily meal service and is named after St. John the Merciful, a 7th century Patriarch of Alexandria who was well known for his work with the poor.

Around 1,000 people are fed everyday by the Melkite eparchy through St John the Merciful's Table. Most of these people are refugees, but also since the pandemic some Lebanese people have requested aid. Now most the people take their food away to eat because of the pandemic. St. John the Merciful's Table also delivers food to around 200 people who are not able to leave their homes because of the pandemic. ACN is determined to continue helping the Church in Lebanon continue Her mission. ACN invites all of our supporters to keep all refugees in their prayers, and if you wish to help people in places like Lebanon to consider donating to CAN.



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

