

# 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](http://www.bangorparish.com) Office Hours: Closed.

14<sup>th</sup> Sunday in Ordinary Time – 5 July 2020

## RE-OPENING OF BANGOR PARISH FOR PUBLIC MASS

Dear Parishioner,

Some good news at last but with strings attached! It is hoped to have our first public Mass on **Thursday 9<sup>th</sup> July at 10:00 am** in the **Parish Centre** using the **two metre** distancing rule. The Parish Centre can accommodate 68 persons while the Church can hold only 58.

Mass on Thursday is in the nature of an experiment so that any problems arising can be addressed before we move to having Sunday Masses at a later date. The Covid-19 virus is still circulating and all necessary sanitising advice supplied by the Diocese following government recommendations will be strictly adhered to. Three stewards will be needed for each Mass to ensure social distancing outside the centre, to sanitise the hands of those entering and to direct them to their pre-allocated seat. 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. You may apply for a Mass but may not specify which one. A Mass and a seat 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.

Should you wish to apply to come to a public Mass please fill out the form online and it will automatically go to the parish office. We will then be in contact with you to confirm the allocated Mass, day and date. Your patience is requested as the Parish Secretary is furloughed and consequently everything is being done much less efficiently than normal. **"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 highly complicated matter.

Fr J Gunn PP

**(Image shown below of RESPONSE FORM which will be found on the front page of the website by Monday 6<sup>th</sup> July 2020) [www.bangorparish.com](http://www.bangorparish.com)**

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### Application to Attend Mass

#### Your Details

Family Name \*

Email Contact \*

Address \*

Mobile Phone \*

How Many Family Members wish to attend?

Names of family Members who wish to attend Mass \*

**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](mailto:bangor@downandconnor.org)  
all names will then be mentioned on the weekly Sunday bulletin.

**PRIVATE PRAYER** in St Comgall's Church, Brunswick Rd continues this week on **MONDAY & WEDNESDAY 3pm to 5pm.**  
**NONE ON THURSDAY**

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YOU CAN ASSIST AT MASS BROADCAST FROM THE PARISHES AS LISTED BELOW

**MASS TIMES DURING COVID-19**

NEWTOWNARDS Times:

St Patrick's Church  
Daily Mon-Friday 9.30am  
Weekend: Sat 6.30pm  
Sunday 11.30am

[www.newtownardsandcomberparish.com](http://www.newtownardsandcomberparish.com)

streamed live from  
St Peter's Cathedral, Belfast on  
[www.churchservices.tv/stpeterscathedral](http://www.churchservices.tv/stpeterscathedral)  
Sunday 11.00am

**5 page bulletin** this weekend includes the readings for Mass.

**Podcast audio Mass is available on the parish website**  
[www.bangorparish.com](http://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.



**St Vincent de Paul**  
**Helpline 077 0367 9384**

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

### Your prayers are requested for

#### Anniversaries:



Jenny Waterworth, James McGrattan, Josephine McAlinden, Mary Brannigan, Kathleen Hughes, Tom Martin, Carol Apps, Patricia McKeivitt, Joseph McDaniel, Frances McDaniel, Sr Elizabeth Gray, Edward McDaniel, Stephen McKearney, James Reilly, Gerard Gannon, Ronnie Jeacle, Edward Walsh, Nancy McCart.

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 Suzanne.
- Family Creative Prayer & SUNDAY LOOK SHEETS.

Deacon James McAllister will be offering Morning Prayer at 9.00am every Monday, Wednesday & Friday and on Tuesday Evenings the Novena to Our Lady of Perpetual Help at 7.00pm in

**Church: Our Lady of the Visitation Church, Comber.**

[see pages 6 & 7 for explanation of Morning Prayers and for the format of the prayer for meditation with Deacon James]  
[webcam can be found on the website of Newtownards & Comber [www.newtownardsandcomberparish.com](http://www.newtownardsandcomberparish.com) ]

**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](http://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.

### 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. In advance of the day, pilgrims may place their petitions online on the Knock Shrine website and these will be placed on the altar for the Mass. Many pilgrims light candles for loved ones and their intentions during their visit to Knock Shrine and this service is also available online. A candle will be lit at the outdoor candelabra for each request received. 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)

Every year Trócaire asks for your help during Lent to fund lifesaving programmes around the world. This year, of course, it was not possible to return Trócaire boxes through schools or parishes in the usual way. This is the most possible timing coming just as the world's poorest people need us most. Therefore, Trócaire are appealing to you to return your Lenten donation. Simply count or estimate what is in your box and 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.

The contents of each and every Trócaire box, no matter how small, come together to make a significant difference. This virus knows no borders, but neither does our compassion.

### Lough Derg Pilgrimage Season 2020

"Lough Derg has delayed the opening of the island for the 2020 Pilgrimage Season. We welcome the Government roadmap to ease restrictions and we hope that the Island will be able to open for the later weeks of the Three Day Pilgrimage Season. There will not be any One Day Retreats on the Island in May, but we will offer a One Day Retreat in an online format on selected days. These will be carried on our new dedicated website [www.loughderg.live](http://www.loughderg.live) We look forward to welcoming pilgrims back to the Island when Ireland's public health restrictions allow, so that you can come to Lough Derg with confidence."

Prior La Flynn  
**ONLINE RETREAT DAYS** – Contact the team by email [info@loughderg.org](mailto:info@loughderg.org) main website: [www.loughderg.org](http://www.loughderg.org)

A new Camino-style pilgrim walk, **St Patrick's Way**, is being launched in Downpatrick from July 1st. New pilgrim guides, Martina Purdy and Elaine Kelly, will in turn lead pilgrims on the journey which includes Inch Abbey, Saul Church, the site of St Patrick's first church in Ireland, Slieve Patrick and the national monument, Struell Wells, and St Patrick's Grave. The BBC's Donna Traynor will walk a second 8 mile route with guides and pilgrims in Newcastle on July 4. Bookings for all or part of the walk, and details available at St Patrick Centre, Downpatrick on 028 44 619 000.

## Readings at Mass – 14<sup>th</sup> Sunday in Ordinary Time, 5<sup>th</sup> July.



**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 47: 10-11

Your merciful love, O God,  
we have received in the midst of your temple.  
Your praise, O God, like your name,  
reaches the ends of the earth;  
your right hand is filled with saving justice.

### 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.

### 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.*

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.

*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 solas Dominus, tu solas Altissimus, Iesu Christe, cum Sancto Spiritu: in Gloria Dei Patris. Amen.*

**First reading** - Zechariah 9:9-10 *See now, your king comes humbly to you.*

The Lord says this:

Rejoice heart and soul, daughter of Zion!  
Shout with gladness, daughter of Jerusalem!  
See now, your king comes to you;  
he is victorious, he is triumphant,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will banish chariots from Ephraim  
and horses from Jerusalem;  
the bow of war will be banished.  
He will proclaim peace for the nations.  
His empire shall stretch from sea to sea,  
from the River to the ends of the earth.

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

**Responsorial Psalm** - Psalm 144(145):1-2,8-11,13b-14

**Response: I will bless your name for ever, O God my King.**

I will give you glory, O God my king,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever.

**Response**

The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures.

**Response**

All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign  
and declare your might, O God.

**Response**

The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raises all who are bowed down.

**Response**

**Second reading** - Romans 8:9,11-13 *If by the Spirit you put an end to the misdeeds of the body, you will live.*

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

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

**Gospel Acclamation - Mt11:25**

Alleluia, alleluia!  
Blessed are you, Father,  
Lord of heaven and earth,  
for revealing the mysteries of the kingdom  
to mere children.  
Alleluia!

**Gospel** - Matthew 11:25-30 *You have hidden these things from the wise and revealed them to little children.*

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

The Gospel of the Lord.

**R: Praise to you, Lord Jesus Christ.**

**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.