

# 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: Mon-Fri 9.30pm to 1pm.

23<sup>rd</sup> Sunday in the Year – 5 September 2021 –

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

**MASS TIMES NEXT WEEKEND:**  
**24<sup>th</sup> Sunday of the Year**  
**VIGIL SATURDAY 11<sup>th</sup> September @ 6.30pm**  
**SUNDAY 12<sup>th</sup> 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/TrocaireTrekks](http://www.justgiving.com/TrocaireTrekks)

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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. Those parents and children concerned will be contacted individually by the Sacramental Leader.

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## **Your prayers are requested for Anniversaries:**

Loretta Brennan, Agnes Rafferty, Mary Ellen McGeough, Patrick Coyle, Harry Shiels, Pauline Rogan, Patricia McGrenaghan, Dominic Hamilton, Winnie Breslin, Joe Breslin, Emmanuel Shiels, Patrick O'Kane, Rosaleen Gibson.

## **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](http://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://www.google.com/play). If you use these apps please '**subscribe**' to our channel so you receive all the latest podcasts straight to your phone or tablet.



**7 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](mailto: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'

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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.

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.

### SEASON OF CREATION: RESTORING OUR COMMON HOME

The Season of Creation begins on **Wednesday 1<sup>st</sup> 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 1<sup>st</sup> 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](http://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

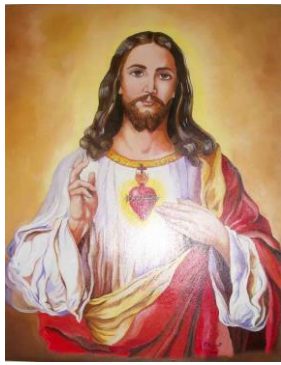
An up-to-date summary of all Executive regulations and guidance can be found at:

<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."



## 23 Sunday in the Year – 5 September 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 3<sup>rd</sup> September** (First Friday)  
Saint Gregory the Great, Pope & Doctor

**Saturday 4<sup>th</sup> September**  
Saint MacNissi, Principal Patron of Connor.

**Sunday 5<sup>th</sup> September**  
23<sup>rd</sup> Sunday in the Year

**Wednesday 8<sup>th</sup> September**  
The Nativity of the Blessed Virgin Mary

**Thursday 9<sup>th</sup> September**  
Saint Ciaran, Abbot

**Friday 10<sup>th</sup> September**  
Saint Peter Claver

**Sunday 12<sup>th</sup> September**  
24<sup>th</sup> Sunday in the Year

**Monday 13<sup>th</sup> September**  
Saint John Chrysostom, Bishop & Doctor

**Tuesday 14<sup>th</sup> September**  
The Exaltation of the Holy Cross

**Wednesday 15<sup>th</sup> September**  
Our Lady of Sorrows

**Thursday 16<sup>th</sup> September**  
Saint Cornelius, Pope, Martyr  
Saint Cyprian, Bishop, Martyr

**Friday 17<sup>th</sup> September**  
Saint Robert Bellarmine, Bishop & Doctor

**Prayer Online:** Come and join us at... [www.soulparemission.com](http://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](http://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](mailto: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](mailto: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](http://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](http://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](mailto: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/](http://www.marchforlife.co.uk/m4luk-2021-event-page/)  
[www.marchforlife.co.uk/m4luk-2021-event-page/](http://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](mailto: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](mailto:info@anamcara.ie)/[info@anamcarani.co.uk](mailto:info@anamcarani.co.uk)  
Web Address [www.anamcara.ie](http://www.anamcara.ie)/[www.anamcarani.co.uk](http://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](http://www.knockshrine.ie)



**FRIENDS OF COLUMBANUS: Columban Way Turas Columbanus**  
[turascolumbanus@gmail.com](mailto: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](mailto: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**

52nd International Eucharistic Congress

**THE 52ND INTERNATIONAL EUCHARISTIC CONGRESS WILL BE HOSTED IN BUDAPEST FROM 5 - 12 SEPTEMBER. POPE FRANCIS WILL BE ATTENDING THE CLOSING MASS ON 12 SEPTEMBER. ACN'S DIRECTOR OF PROJECTS, REGINA LYNCH, EXPLAINS THE IMPORTANCE OF THE EUCHARIST AND WHAT ACN DOES TO SUPPORT THE FAITHFUL'S ACCESS TO THE EUCHARIST AROUND THE WORLD.**

By Maria Lozano & Maria Teresa Diestra



© ismaelmartinezsanchez / ACN

Fr. Junio celebrating Holy Mass, Brazil. (Credit: Ismael Martínez Sánchez / ACN)

The **52nd International Eucharistic Congress** will bring together Catholics from all over the world to deepen their understanding of the importance of the Eucharist and reflect on the mission of the Catholic Church to make God's love present in the world of today. This year the Congress will be held from **5 – 12**

**September in the Hungarian capital Budapest.**

The theme of the 2021 Eucharistic Congress is taken from the concluding words of Psalm 87:7: "*All my springs are in you.*" Originally due to be held in 2020, the Congress was postponed until 2021 as a result of the coronavirus pandemic.



Regina Lynch. (Credit: Aid to the Church in Need)

"*The aim of this encounter is to make known and encourage love for the Eucharist, the sacred Mystery of our Faith*", explains **Regina Lynch**, the Director of Projects for the international Catholic pastoral charity and pontifical foundation **Aid to the Church in Need (ACN International)**.

Regina elaborates further:

"*We believe that this Congress is a prophetic one in a time of pandemic. **It may be very important for the life of the***

***Church, given that COVID-19 has in many places made it difficult for people to attend Holy Mass and Eucharistic devotions.***

*We believe that the promotion of the Eucharistic life among the faithful is fundamental for the life of the community. **It means bringing Christ to the communities.** In many countries the faithful have a genuine longing to receive the Eucharist and feel its presence, and together with others they face many problems – the lack of religious freedom, insecurity as a result of civil and military conflicts, long distances combined with a lack of transport, and also poverty – many communities lack the resources to build a place of worship or even to support their priests."*

**This is the reason why ACN supports many projects supplying the necessary means to facilitate the presence of the Eucharist.** Regina gives more details: "*for example, providing a motorcycle, so that the **priest can travel to celebrate Holy Mass** in a remote mission station, or the **construction of a chapel** in an isolated desert region or in the high mountains. This support can take many forms, from something very practical such as a host making machine, through to something more long-term, such as the **formation of future priests.***"



*In their case it is the lack of means or lack of liberty; in the West we very often encounter a lack of faith. Too much stress, lack of time, or indifference towards the Eucharist. For this reason it is very important to pray that the Congress may bring about an interior renewal for Europe and the West."*

St Josaphat interdiocesan seminary in Ivano-Frankivsk, Ukraine. ACN is supporting 201 seminarians studying at the seminary. (Credit: Aid to the Church in Need)

For his part, in his message inviting people to take part in the Congress **Cardinal Péter Erdő**, the Hungarian Primate, expresses his confidence that:

*"God will never abandon His people. He is with us throughout history and is waiting for us for a happy encounter in eternity. May we be able to grasp the opportunities for every encounter with Him here on earth as well! **We have an appointment with Christ in Budapest; may He be the shining companion of our lives, may He be the one who brings optimism and joy to our lives!**"*

In recent years the Congress has been chaired by a delegate appointed expressly for the occasion by the Holy See. However, **in Budapest it will be the first time in 21 years that the Pope has been present to celebrate the closing Mass**, on Sunday 12 September. The last time the Pope was present was in the year 2000, the jubilee year in Rome.

Following the official announcement of the Holy Father's visit to Budapest, Cardinal Erdő declared:

***"The community of the Catholic faithful is awaiting the arrival of the Holy Father with great joy and love. We pray that his visit may be for us a sign of hope and a new beginning, as the situation of the epidemic begins to diminish."***

The last papal visit to Hungary was 25 years ago, when Pope John Paul II travelled to Budapest, en route to Pannonhalma and Győr.

Among those who will be giving personal testimonies during the days of prayer, catechesis and reflection, are cardinals from countries where Christians live their faith in conditions of great difficulty – for example **Chaldean Patriarch Louis Raphael Sako from Iraq, Cardinal John Onaiyekan, Emeritus Archbishop of Abuja and former president of the Nigerian Bishops' Conference, and Cardinal Charles Bo, the Archbishop of Yangon** and president of the Myanmar Bishops' Conference.