

# 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.

32<sup>nd</sup> Sunday in the Year – Sunday 8 November 2020

## MASS NEXT WEEK:

[Added] **TUESDAY 3<sup>rd</sup>** & WEDNESDAY 4<sup>th</sup>  
& THURSDAY 5<sup>th</sup> NOVEMBER at 10am  
**NO ONLINE REGISTRATION NEEDED.**

**in St Comgall's Church, Brunswick Road**

SATURDAY VIGIL 7<sup>th</sup> November at 6.30pm &  
**SUNDAY 8<sup>th</sup> NOVEMBER at 10am & change in time-12noon**  
**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 [click below]

<https://www.bangorparish.com/re-opening-of-bangor-parish-for-public-mass/>

## NOVEMBER DEAD LIST

In the month of November we remember all our dead. You are invited to include the names of all those deceased friends and relatives whom you wish to have remembered in all the Masses offered in November for all those on the dead lists by Fr Whyte and Fr Gunn. Envelopes can be found at the back of the Church and at the Exit doors. Completed lists should be placed in the November Dead box in the Exit Porch. They will then be opened and the lists placed on the altar.

**You are invited to the annual United Service of Friends of Columbanus.** At **7.00pm** on **Sunday 15th November**. Due to Covid we have had to put the service online, but we have been able to get the 4 main Churches including of course St Comgalls with Fr Gunn and Sr Maura and beautiful music from many of our friends on the Columban Way and two local schools, St Columbanus and Ballyholme Primary contributing. Do please encourage friends to tune in on the 15th to [facebook.com/columbanwayni](https://www.facebook.com/columbanwayni)

## SACRAMENTAL PREPARATION CLASSES

**1<sup>st</sup> Penance & Holy Communion Classes – started on...**

**SUNDAY 18TH OCTOBER**

They will be virtual classes to begin (ZOOM). Please email your mobile number along with your name and child's name, primary school.

Please register your interest by contacting the parish office by email.  
[bangor@downandconnor.org](mailto:bangor@downandconnor.org)

On **Wednesday 18<sup>th</sup> November**, Bishop Noel will celebrate Mass in Saint Peter's Cathedral, remembering all those who have died this year in the Diocese at 7pm. This Mass will be streamed on the Cathedral webcam, <https://www.churchservices.tv/stpeterscathedral>



**Your prayers are requested for Recently Deceased:**

Anthony Kearney, Lena O'Neill, Gerry Bannon (Coventry), Eugene Connolly (Dublin), Joan Lamberton.

**Anniversaries:** Monsignor Ambrose Macauley, Frank Rice, Mary Anne Hinds, Joan Wright, Agnes Wilson, Frank Connolly, Ann McPadden, Marie Grego, Patrick McMullan, John Leavey, Tom Linehan.

**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'.

**Bethany Bereavement Support Group**

we are here to support and listen.  
Confidential. **075 1085 2157**

**St Vincent de Paul**

**Helpline 077 0367 9384**

**Café Donaghadee received  
£700 in donations.**

The full amount has been donated to families who have experienced difficulties in recent times.  
Many thanks for all your continued generosity and support.

## 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.



**Podcast audio Mass is available on the parish website**

[www.bangorparish.com](http://www.bangorparish.com)  
(Daily) **by 11.30am.** [Sat vigil] **by 9pm.**

## 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](mailto: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**'

### **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... October 2020**  
Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanna.
- Family Creative Prayer.

**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!

The Apostolate of Adoration invites you to **ADORATION, PRAYER & FASTING on the FOUR FRIDAYS in NOVEMBER for:** Renewal of the Catholic Faith in Ireland; Reparation to the Sacred Heart of Jesus and Immaculate Heart of Mary; The Suppression of the Pandemic; The Holy Souls; Preparation for Advent and for the Birth of Jesus. **(see website for full details [www.eucharisticadoration.ie](http://www.eucharisticadoration.ie))**

**St Vincent de Paul (SVP)** -The Society is continuing to help those in need who seek our assistance, albeit on reduced resources due to lower attendance at parish masses as a result of the Coronavirus pandemic. Many thanks to those Parishioners who have donated to date. If you are in a position to assist us financially, donations can be made in a number of ways:

- **SVP collection buckets** will be available at the back of the church to enable people attending masses to contribute. Cash



**Dromantine Retreat Centre November 2020**  
 'Loss and Recovery' Fr. Jim Cogley 14<sup>th</sup> Nov (9.30am – 5.00pm) This seminar will explore loss in its many facets and how it is also an invitation to wholeness. "While the heart grieves for what it has lost, the Spirit dances for that which it has found." Full cost £35

**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/>

**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](http://www.knockshrine.ie)

**CALENDAR OF SAINTS DAYS**

**NOVEMBER 2020**

**Sunday 8<sup>th</sup> November**

**Thursday 12<sup>th</sup> November**

Saint St Josaphat, Bishop & Martyr

**Monday 9<sup>th</sup> November**

The Dedication of the Lateran Basilica

**Saturday 14<sup>th</sup> November**

Saint Laurence O'Toole, Bishop

Blessed Virgin Mary is celebrated every Saturday.

**Tuesday 10<sup>th</sup> November**

Saint Leo the Great, Pope & Doctor of the Church

**Sunday 15<sup>th</sup> November**

Collection for the Bishop's Commission and the WORLD DAY of the POOR

**Wednesday 11<sup>th</sup> November**

Saint Martin of Tours, Bishop

**Monday 16<sup>th</sup> November**

Saint Margaret of Scotland & St Gertrude.

Norms for Indulgences - From twelve o'clock noon on 1<sup>st</sup> November until midnight on 2 November, all who have confessed, received Holy Communion and prayed for the pope's intentions (one Our Father and one Hail Mary, or any other prayers of one's choice) can gain one plenary indulgence by visiting a church or oratory, and there reciting one Our Father and the Apostle's Creed. This indulgence is applicable only to the souls of the departed. Confessions may be made at any time within the week preceding or the week following 1 November. Holy Communion may be received on any day from 1 November to 8 November.

The faithful who visit a cemetery and pray for the dead may gain a plenary indulgence applicable only to the Holy Souls on the usual conditions once per day from 1 to 8 November. The conditions mentioned above apply also for this.

What are Indulgences? Indulgences are the remission before God of the temporal punishment due to sins whose guilt has already been forgiven... Indulgences are granted through the ministry of the Church which, as the dispenser of the grace of redemption, distributes the treasury of the merits of Christ and the Saints. See CCC, 1471-9, 1498.

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**On 22nd October 2020**, the Apostolic Penitentiary, by the special mandate of His Holiness Pope Francis, extended the period in which the customary plenary indulgences in November may be obtained, namely; **a.- the plenary indulgence** for those who visit a cemetery and pray for the dead even if only mentally, normally established only on the individual days from 1 to 8 November, can be transferred to other days in the month of November. These days, freely chosen by individual faithful, can also be separated from each other; **b.- the plenary indulgence of November 2** established on the occasion of the commemoration of all the faithful departed for those who visit a church or an oratory and recite the "Our Father" and the "Creed" there, can be transferred not only to the Sunday before or after or on the day of the solemnity of All Saints, but also on another day of the month of November, at the free choice of the individual faithful.

In respect of those who are housebound, the elderly, the sick and all those who for serious reasons cannot leave the house, for example due to restrictions imposed by the competent authority for the time of a pandemic, in order to avoid numbers of faithful crowding into sacred places, will be able to obtain the Plenary indulgence provided that, spiritually uniting with all the other faithful, completely detached from sin and with the intention of complying as soon as possible with the three usual conditions (sacramental confession, reception of the Eucharistic and prayer for the Holy Father's intentions) recite prayers for the dead dearest to the faithful in front of an image of Jesus or of the Blessed Virgin Mary, or meditate on a reading of one of the Gospel passages proposed by the liturgy for the dead, or carry out a work of mercy.





## 32<sup>nd</sup> Sunday in the Year – 8 November 2020

**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.*

### **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