

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: Closed.

19th Sunday in Ordinary Time – 9 August 2020



RE-OPENING OF BANGOR PARISH FOR PUBLIC MASS

Saturday 15th August – The Assumption of the Blessed Virgin Mary

MASS NEXT WEEK: WEDNESDAY 12TH August at 10am in the Parish Centre.

and henceforth in St Comgall's Church, Brunswick Road

SATURDAY VIGIL 15TH August at 6.30pm & SUNDAY 16th August at 10am.

When registering please specify which Mass you would like to attend.

[You will be contacted by text when you have been allocated your seat number(s), please allow 48hours, Mon-Fri.]

PLEASE REGISTER USING THE CONTACT FORM on the parish website www.bangorparish.com

Dear Parishioner,

Please sign up for **MASS** in St Comgalls Church, Brunswick Road. Using the **two metre** distancing rule the Church can hold fewer people than the hall so please register early.

The Covid-19 virus is still circulating and all necessary sanitising advice supplied by the Diocese following government recommendations will be strictly observed. 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.** A seat(s) 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.

Upon receipt of your online form we will contact you to confirm the allocated Mass, day and date. **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 complicated matter.

Fr J Gunn PP



**Your prayers are requested for
Month's Mind: Alan Nelson**

Anniversaries:

Michael McDowell, Duncan McLean, Victor Fusco,
Stephen Delaney, Angela Murdock,
John & Margaret Murray, VP Augustine, MA Mariyamma.

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

5 page bulletin
this weekend
includes the
readings for Mass.

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

Many thanks to those who have already volunteered to become Stewards and to help prepare the Church before and after each Mass. We still need more help to set up a rota over the coming weeks! Please contact the parish office by email if you are able to help.

List of Directions for attending Mass in line with the Government Guidelines.

1. Enter through the main doors of the Church/ Parish Centre only.
2. Exit through the indicated doors only.
3. There will be hand-sanitisers on entering the Parish Centre/ 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 Parish Centre / 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 Parish Centre building.
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. During the Covid emergency the normal Sunday obligation to attend Mass has been suspended and attendance at any Mass will suffice.
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
all names will then be mentioned on the weekly Sunday bulletin.

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PRIVATE PRAYER will take place before and after the public Mass in the Parish Hall.

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Public Masses in the **Parish Centre** Register on the parish website to be allocated a sit on a first come basis.
www.bangorparish.com

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CONFESSIONS will take place after ALL Masses.

Podcast audio Mass is available on the parish website
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.



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.

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) 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. 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

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 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 main website: www.loughderg.org

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.
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.

This virus knows no borders, but neither does our compassion.

***Growth in Prayer and Reflective Living* Drumalis, Larne – commencing Monday, 14 September (online by Zoom)**

Due to the success of last year's course, applications are now being accepted for the new intake of this 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.

Taking place over 30 Monday Evenings from 7 pm – 9:30 pm, the course will take place initially by Zoom and eventually in-house when Drumalis re-opens. Please note that it will also be possible to attend the whole series by Zoom if this is your preference.

For further information, please contact 028 28276455/28272196 during office hours (Mon-Fri, 9 am – 5 pm) or email maura@drumalis.co.uk Details are also available on the Drumalis website - <http://www.drumalis.co.uk>

BAPTISM REGISTRATION

Baptisms will be starting back mid to late September and the team is working on how best to support the parents and offer Sacramental Preparation through the platform of ZOOM Meetings. We will keep you updated over the coming weeks. You can register your interest by going on to the Parish Website – 'Sacramental Preparation' page. We thank you for your patience at this time.

Readings at Mass – 19th Sunday in Ordinary Time, 9th August.



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 73: 20, 19, 22, 23

Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.

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 bonae voluntatis.

Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam, Domine Deus, Rex caelestis, 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 - 1 Kings 19:9,11-13 *The Lord was not in the wind, or the earthquake, or the fire*

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

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

Responsorial Psalm - Psalm 84(85):9-14

Response: Let us see, O Lord, your mercy, and give us your saving help.

I will hear what the Lord God has to say,
a voice that speaks of peace.
His help is near for those who fear him
and his glory will dwell in our land. **Response**

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. **Response**

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. **Response**

Second Reading - Romans 9:1-5 • *I would willingly be condemned if it could help my brothers*

What I want to say now is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

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

Gospel Acclamation - cf.Ps129:5

Alleluia, alleluia!
My soul is waiting for the Lord,
I count on his word.

Alleluia!

The Gospel according to Saint Matthew - Matthew 14:22-33

Jesus walks on the water

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

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