

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.

The Ascension of the Lord – 24 May 2020

Podcast audio Mass is available on the parish website
www.bangorparish.com (Daily) **by 11.00am.** [Sat vigil] **by 7pm.**

THE PARISH CENTRE IS CLOSED until further notice due to social distancing as recommended by the Diocese of Down and Connor, which is following the government's advice.

SUNDAY MASS TIMES
ALL BANGOR PARISH
PUBLIC MASSES
are cancelled
until further notice.

The weekend Sunday Mass will be offered for all parishioners living and deceased.

MASS OFFERED DAILY accessed by Podcast App or Website.

Parishioners are asked to note that:

Funeral Masses have now been suspended. When possible Fr Gunn will say Requiem Mass for the deceased on the day of burial. When this crisis passes, Fr Gunn will welcome all the bereaved families in

St Comgall's Church, Brunswick Road, to a Mass for all those who have died during this time.

During the week Fr Joseph Gunn will celebrate Mass *alone* in the oratory in the parochial house.

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.

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:

Bernadette Price, Gemma McKinney, David Creed, Neal Murray, Carmel Thomas, Godfrey Thomas, Owen Rafferty, Paul Robinson, Mary Haire, Joe O'Keefe, Bernadette Price, Salvatore Gatt, Daisy Gatt, David McHenry, Eugene Magahran, Catherine Quinn, Tom Brown, Charley O'Neill.



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.

18 May 2020 Statement from Bishop Noel Treanor on the Reopening of Churches for Private Prayer

Last week, the NI Executive outlined a five-step recovery plan with the gradual and phased easing of restrictions that had been placed upon movement and public gatherings in response to Covid-19. This phased recovery plan is welcomed by all as a sign of hope and progression in the midst of the coronavirus pandemic. [Full Copy of the complete statement on the parish website under 'pages' News or Diocesan News Covid-19 Updates].

Re-opening of the Church for Private Prayer - St Comgall's Church, Brunswick Road

It is hoped to reopen the foyer of St Comgall's Brunswick Road for private prayer in the near future. To comply with health and safety requirements of two metres social distance this will mean a maximum of 8 persons at any one time. Out of consideration for others visits should be restricted to 15 minutes. Anyone queuing outside the Church is required to socially distance. The Church toilets will remain closed.

The Diocese has issued regulations regarding social distancing, stewarding and detailed stringent instructions about cleaning of all areas opened to the public. PPE is being sourced and disposable cleaning materials are on order so that the area can remain sanitised. Training has to be provided for stewards and a risk assessment has to be completed. This is a very complicated response to what appears the simple idea of re-opening the Church for private prayer but it is proving much harder to open up the Church than it was to close it down.

The restrictions and requirements remind us that Covid-19 is still an active threat therefore I ask for your understanding and patience in this matter as I seek advice on the safest and most prudent way of achieving the highly desirable aim of re-opening the Church. The times of opening will be published on the parish website as soon as possible.

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 5 & 6 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]

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.

Down and Connor Diocesan Triduum

streamed live from St Peter's Cathedral, Belfast on www.churchservices.tv/stpeterscathedral

Following on from the successful Diocesan Novena earlier this month, the Diocese of Down and Connor will close the month of May with a Triduum of Prayer to celebrate the Feast of Pentecost. In the Christian tradition Pentecost is known as the Birthday of the Church. Over these three days, prayers will be offered for the Family (the Domestic Church), our local Parishes and Pastoral Communities (the Local Church), and for the mission of all Christians in the world (the Universal Church).

The Triduum will run from Friday 29th May until Sunday 31st May.

Bishop Noel Treanor warmly invites everyone to join with him as he leads the prayers on-line via the webcam from St Peter's Cathedral in Belfast.

Each evening will begin at **7.00 pm** and will last **approximately 15 minutes**.

Intentions may be sent by email to novena@downandconnor.org

and they will be placed

in front of the altar and included in the prayers each evening.

A booklet of the prayers being used in the Triduum can be requested using email address above.

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
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 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 – Sunday 24th May, Wednesday 27th May – www.loughderg.live signup or subscription is not required. 10.30am to 3pm. Lough Derg phone lines are open 9.00am – 5.00pm Mon-Friday during May +353 (0) 71 9861518. Contact the team by email info@loughderg.org main website: www.loughderg.org

Nine Day – Novena for Pentecost begins Friday 22 May and can be found on the parish website under 'News'.

6 page bulletin this weekend includes the readings for Mass.

**YOU CAN ASSIST AT MASS BROADCAST FROM THE PARISHES AS LISTED BELOW
MASS TIMES DURING COVID-19**

<p><u>NEWTOWNARDS Times:</u> St Patrick's Church Daily Mon-Friday 9.30am Weekend: Sat 6.30pm Sunday 11.30am www.newtownardsandcomberparish.com</p>	<p><u>HOLYWOOD Times:</u> St Colmcille's Church Daily: Tuesday - Thursday 9.30am, Mon & Fri 7.00pm Weekend: Sunday 12noon www.stcolmcilleshollywood.org</p>
<p><u>ARDGLASS Times:</u> St Nicholas' Church Daily: Mon-Sat 10.00am Mass, Mon-Fri Rosary 9.30am Wed. eve. 8-9pm Holy Hour with Eucharistic Adoration. www.churchservices.tv/ardglass</p>	<p>streamed live from St Peter's Cathedral, Belfast on www.churchservices.tv/stpeterscathedral Sunday 11.00am</p>

Readings at Mass – The Ascension of the Lord, 24th MAY.



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- Acts 1: 11

Men of Galilee, why gaze in wonder at the heavens?
This Jesus whom you saw ascending into heaven
will return as you saw him go, alleluia.

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

First reading - [Acts 1:1-11] *Jesus was lifted up while they looked on.*

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own

authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

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

Responsorial Psalm - Psalm 46(47):2-3,6-9

Response: God goes up with shouts of joy; the Lord goes up with trumpet blast.

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must fear,
great king over all the earth.

Response

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise.

Response

God is king of all the earth,
sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne.

Response

Second reading [Ephesians 1:17-23] *God made him sit at his right hand in heaven.*

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named not only in this age but also in the age to come. He has put all things under his feet and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

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

Gospel Acclamation – [Mt28:19,20]

Alleluia, alleluia!
Go, make disciples of all the nations.
I am with you always; yes, to the end of time.
Alleluia!

Gospel - Matthew [28:16-20] *Go and make disciples of all nations.*

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

The Gospel of the Lord.

R: Praise to you, Lord Jesus Christ.

PRAYERS AT HOLY COMMUNION

Spiritual Holy Communion Prayer

**ANIMA CHRISTI
Prayer to the Most Holy Redeemer**

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

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.

Prayer of Saint Bonaventure

Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfilment of the soul's deepest desires. May my heart always hunger for you, so that my soul may be filled with the sweetness of your presence. Amen.

Morning Prayer from the Divine Office



The Divine Office or the Liturgy of the Hours is the Prayer of the Church. "The public and communal prayer of the people of God is rightly considered among the first duties of the Church. From the very beginning the baptised 'remained faithful to the teaching of the apostles, to the brotherhood, to the breaking of bread and to prayers' (Acts 2:42) Many times, the Acts of the Apostles testifies that the Christian community prayed together" (G11)

Again, and again we hear, throughout the Gospels and the Acts, of Jesus and his disciples or apostles going up to the Temple or to the synagogue at the third or the sixth or the ninth hour to pray. Christianity was originally a sect of Judaism and the followers abided by the Jewish tradition of sanctifying the day with prayer. When the branch of Judaism known as "the Way" or the Christianity separated the liturgy of prayer throughout the day developed to complement the main Christian celebration, the Eucharist, or Breaking of Bread which was only being celebrated on the first day of the week. The prayers continued the former tradition.

Before the most recent reform of the Liturgy of the Hours in 1971 the recitation of the Divine Office was in Latin and it was the duty of priests and religious to pray the Prayer of the Church daily on behalf of the whole Church. This was and is an obligation under Canon Law. Anyone who has spent some time visiting a monastery will have witnessed the monks singing or chanting the Office in choir in their chapel throughout the day beginning before dawn usually with the Office of readings and finishing with Night Prayer or Compline as it is called in Latin.

Pope Paul VI reform in 1971 made the Office more acceptable and more available to all the faithful and today more and more of the faithful are partaking in the complete or part of the Divine Office either in private or in public worship. In doing so we are continuing the tradition of praying the psalms and prayers of petition which have been passed down to us through the Old Testament, prayed by Jesus and continue in the apostolic tradition to today. Below is the basic outline of Morning Prayer

- ❖ **Invitatory Psalm;** Come ring out our joy to the Lord (Ps94) (Antiphon before and after)
- ❖ **Hymn**
- ❖ **Psalm** (Antiphon before and after)
- ❖ **Canticle** (Antiphon before and after)
- ❖ **Psalm** (Antiphon before and after)
- ❖ **Scripture Passage**
- ❖ **Short Responsory**
- ❖ **Benedictus**
- ❖ The Canticle of Zechariah (Antiphon before and after)
- ❖ **Intercessions**
- ❖ **The Lord's Prayer**

❖ **Concluding Prayer**

❖ **Blessing**

There are a variety of books available containing morning and evening prayer such as the small pocket size
“**A Shorter Morning and Evening Prayer (Collins) under £10**”

The App many are using today containing the full Divine Office and Mass Readings etc is available to purchase called **Universalis. £9.99** It can be downloaded to your phone or iPad and is handy for praying at any time and any place.

Deacon James McAllister from our Pastoral Community will be praying Morning Prayer of the Divine on Monday, Wednesday & Friday at 9am www.newtownardsandcomberparish.com choose webcam at

Our Lady of the Visitation Church, Comber

This is an excellent opportunity to join the Universal Church in prayer and reflect on the psalms.

Psalm 94

Come ring out our joy to the Lord
Hail the God who saves us
Let us come before him giving thanks
With songs let us hail the Lord.

A mighty God is the Lord
A great king above all gods.
In his hand are the depths of the earth
The heights of the mountains are his
To him belong the sea for he made it
The dry land shaped by his hand.

Come in let us bow and bend low;
Let us kneel before the God who made us
For he is our god and we
the people who belong to his pasture,
the flock that is led by his hand.

O that today you would listen to his voice!
Harden not your hearts as at Meribah
As on that day at Massah in the desert
When your fathers put me to the test;
When they tried me though they saw my work.

For forty years I was wearied of these people
And I said “Their hearts are astray
These people do not know my ways”
Then I took an oath in my anger
“Never shall they enter my rest”

Glory be to the father and to the Son
and to the Holy Spirit As it was in
the beginning is now and ever shall
be world without end. Amen



The Benedictus: (Lk1:68-79)

Blessed be the Lord the God of Israel
He has visited his people and redeemed them

He has raised up for us a mighty saviour
In the house of David his servant,
as he promised by the lips of holy men, those who
were his prophets from of old.

A saviour who would free us from our foes, from
the hand of those who hate us.
So his love for our fathers is fulfilled
and his holy covenant is remembered.

He swore to Abraham our father to grant us, that
free from fear, and saved from the hands of our
foes,
we might serve him in holiness and justice all the
days of our life in his presence.

As for you little child,
You shall be called prophet of God, the Most High.
You shall go ahead of the Lord
to prepare his ways before him.

To make known to his people their salvation
through forgiveness of their sins,
The loving kindness of our heart of our God who
visits us like the dawn from on high.

He will give light to those in darkness,
Those who dwell in the shadow of death,
And guide us into the way of peace.

Glory be to the father and to the Son and to the
Holy Spirit
As it was in the beginning is now and ever shall be
world without end. Amen