

	<h1>Parish of Carrickfergus & Whitehead</h1>	
<i>Saint Nicholas'</i>	www.carrickparish.org	<i>Our Lady of Lourdes</i>
<div>17th May 2020<div>6th Sunday of Easter</div>Cycle A Week 2</div>		
<div>Fr. Peter Owens PP,VF Parochial House, 8 Minorca Place, Mount St. Nicholas, Carrickfergus Co. Antrim, BT38 8AU Tel: 028 9336 3269 Email: carrickfergus@downandconnor.org Web: www.carrickparish.org</div>	<div>Our Parish and COVID-19: What Now? Given the unprecedented situation with the Coronavirus Pandemic, the parish has been following the advice issued from Government departments, and implementing the latest Down and Connor directives. Documents can be viewed on the Parish Website.</div>	
<div>Requiescant in Pace  Anniversaries Pat Murray, Eddy Polland, Kieran Haveron (1st Anniv.) Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen</div>	<div>Mass on the Parish Website Fr. Peter will celebrate Sunday Mass for the Sixth Sunday of Easter from Our Lady of Lourdes Church <u>This will be available to watch on the Parish Website.</u> Please check the Website on the day.</div>	
<div>Bulletin Notices to be submitted to the parish email address by 12 noon Wed</div> <div>‘Over the coming weeks, some of the Pastoral Council, will call by, with as many parishioners as possible, as a way of reaching out to more of our parish family.’</div>	<div>A Holy Hour for Eastertime Exposition & Adoration of the Blessed Sacrament, in the church of Our Lady of Lourdes Whitehead, facilitated by the Pastoral Council, is now available on the Parish Website.</div>	<div>This Week Sun Sixth Sunday of Easter Mon St. John I, Pope & Martyr Wed St. Bernardine of Siena Thurs Ss. Christopher Magallanes & Companions, Martyrs Fri St. Rita of Cascia</div>
	<div>‘Bring flowers of the rarest for the Queen of the May’</div>	
	<div><div>The month of May is traditionally a month of devotion to the Mother of God. In many homes, people erect May altars to honour and venerate Our Lady. It is also a beautiful time in nature as many blossoms - the flowers of the May - come into bloom.</div></div>	
	<div>St. Bernard’s, Glengormley https://www.churchservices.tv/glengormley/</div> <div>St. Mary, Star of the Sea, Whitehouse https://www.loughshoreparishes.org/webcam/</div>	

PARISH SAFEGUARDING COMMITTEE

Many of the children in our parish get important social and emotional support from grandparents. Despite the physical distancing, there are many things families can do to support continued relationships.

This week the Parish Safeguarding Committee share some ideas from Parenting NI for children and their grandparents to keep in touch during these times.

For further information or support contact www.parentingni.org or Freephone the Parenting NI support line on 0808 8010 722



Grandparents role during COVID-19 pandemic

Studies show that when grandparents are actively involved in their grandchildren's lives, children have fewer emotional and behavioural problems and so it is important that this involvement continues during these challenging times. Here are some suggestions to help you stay connected:

Write letters

This is an exciting way to send news on what you are both doing, express emotions and make plans for fun activities after the pandemic. Children can send drawings and cards and grandparents can use their creative talents to make letters colourful and interesting. Letters can be kept and re-read to remind us of the connection and love you share.

Social media

If you use social media this is a good way to keep in touch and see what your family are up to. You can also share messages, photos and videos for your family to see what you are up to and how you are keeping.

Family dinners

In many families meal times provide an opportunity for everyone to talk about their day and share family news. Set up family dinners via Skype or another video calling platform. Arrange a time for everyone to sit down for dinner in their respective homes and share virtual family time.

Phone calls

Phone calls can alleviate feelings of isolation and anxiety about family members health and well-being so use these if technology is not possible.

Bedtime stories

Record yourself reading a short bedtime story for younger grandchildren and send it to be played at bedtime. This will create a bedtime routine and help your grandchild know that you are thinking of them.

Family trees

It can be challenging to find an activity that interests teenagers. This is a perfect opportunity to ask for their help to capture family history and stories and will provide ample opportunities for communication and connection and instill a sense of belonging in them.

Technology

While some grandparents may struggle to understand and use technology, for children and young people technology is their natural communication tool. Ask them to give you guidance on how to download apps and use social media. This is a perfect opportunity to bond and also to build their self esteem.

Engaging through video calling platforms allows grandparents and the child to see each other and know they everyone is safe and well. Family scavenger hunts or a quiz allows the whole family to take part. Choose a time that suits everyone as this will provide routine to the child's day.



parentingni.org
Support Line: 0808 8010 722