



*Saint Nicholas'*

# Parish of Carrickfergus & Whitehead

[www.carrickparish.org](http://www.carrickparish.org)



*Our Lady of Lourdes*

**26th July 2020**

**17th Sunday of the Year Cycle A Week 1**

**Fr. Peter Owens PP,VF**

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**Bulletin Notices to be  
submitted to the  
parish email address  
by 12 noon Wed**

## Requiescant in Pace



## Recently Deceased

Fr. John Fitzpatrick  
Winnie Houston

*Eternal rest grant unto  
them,*

*O Lord, and let perpetual  
light shine upon them.*

*May they rest in peace.  
Amen*

*'The kingdom of heaven is  
like a treasure buried in a  
field'*



## Returning to the Public Celebration of Mass

Public Mass will resume on Sunday 2nd August at 9.30am in Whitehead and 11.30am in Carrickfergus, with a third Mass being recorded privately every week for those who continue to shield.

Following very stringent risk assessments, and much discussion Father Owens with the Parish Pastoral Council and Parish Covid 19 Support team are please to inform you that Mass will resume in the Parish and with your support we want to make this welcome return as safe and fair in as practical way as possible to meet all the restrictions in place to reduce further spread of Covid 19.

We will issue a separate notice with detail on what to expect in the coming weeks. This will be posted onto the Parish web site and Facebook page, so please let anyone know that may not be accessing this communication.

Main points for you all to note:


1. This is all new to us all and we will continually review as the weeks move along.
2. 'Mount St Nicholas' will have capacity for 38 units. A unit can be 1-4 members of the same household.
3. 'Our Lady of Lourdes' will have capacity for 15 units. A unit can take 1-3 members of same household.
4. Face coverings are advisable for everyone attending.
5. We would like to invite those with **Surnames** in the following alphabet order to Mass on the assigned Sundays in the Month.
6. If people come in a shared car, the Driver's Surname is applicable.

## Carrickfergus

Sunday	Surnames starting with
<b>2<sup>nd</sup> August 2020</b>	<b>A-C</b>
<b>9<sup>th</sup> August</b>	<b>D-I</b>
<b>16<sup>th</sup> August</b>	<b>J-M</b>
<b>23<sup>rd</sup> August</b>	<b>Mc</b>
<b>30<sup>th</sup> August</b>	<b>N-Z</b>

## Whitehead

Sunday	Surnames starting with
<b>2<sup>nd</sup> August 2020</b>	<b>A-E</b>
<b>9<sup>th</sup> August</b>	<b>F-L</b>
<b>16<sup>th</sup> August</b>	<b>M and Mc</b>
<b>23<sup>rd</sup> August</b>	<b>N-Q</b>
<b>30<sup>th</sup> August</b>	<b>R-Z</b>

<p align="center"><b>Mass on the Parish Website</b></p> <p align="center">Fr. Peter will celebrate Sunday Mass for <b>17th Sunday of the Year from Our Lady of Lourdes, Whitehead</b></p>	<p align="center"><b>PPC Appeal</b></p> <p>The Covid-19 pandemic is the biggest challenge the Parish has faced in a generation. As we go through this together we, would like to record your experiences. If you have any photos or video clips of the last few weeks, we would love you to send them to us for a visual archive, please send to <a href="mailto:Carrickfergus@downandconnor.org">Carrickfergus@downandconnor.org</a> Thank you.</p>
<p align="center"><b>PRAYER FOR SPIRITUAL COMMUNION:</b></p> <p>My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace you as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.</p>	<p align="center"><b>Drumalis</b></p> <p>A one-year programme <b>Growth in Prayer &amp; Reflective Living 2020-2021</b> <b>IGNATIAN SPIRITUALITY</b> please contact <a href="mailto:maura@drumalis.co.uk">maura@drumalis.co.uk</a> for further details</p>
<p align="center"><b>PARISH SAFEGUARDING COMMITTEE</b></p> <p>Have you checked out the <a href="https://www.covidwellbeingni.info">#covidwellbeingni</a> hub yet? This online hub was created by a partnership of 15 leading mental health and wellbeing charities across Northern Ireland and aims to promote positive mental health and wellbeing during and after the Covid-19 pandemic. It includes information, self-help guides and support, and aims to help people take steps to look after their mental health and reach out for help and support when needed.</p> <p>The partnership is calling on people to:</p> <ul style="list-style-type: none"> <li>▪ Acknowledge how you are feeling and coping at this time</li> <li>▪ Take positive action to look after your mental health, and</li> <li>▪ Reach out for help and support.</li> </ul> <p>The online hub can be found at <a href="https://www.covidwellbeingni.info">www.covidwellbeingni.info</a></p>	<p align="center">Contact Details for various <b>Helplines</b> can be found on the Parish Website.</p>
 <p align="center">© Copyright 2020 CovidWellbeing - All Rights Reserved</p>	<p align="center"><b>Cell Chat</b></p> <p>To access the group chat forum on WhatsApp, please text Jim Mullan on 07841 428436, leaving your phone number and name.</p>
<p align="center"><b>This Sunday - 26th July 2020 will be the <u>last Sunday</u> for private individual prayer</b></p> <p align="center"><b>Carrickfergus &amp; Whitehead from 4pm to 6pm</b></p>	<p align="center"><b><i>This Coming Week</i></b> <i>27th July-2nd Aug</i></p> <p align="center"><b>Wed</b> St. Martha</p> <p align="center"><b>Thurs</b> St. Peter Chrysologus, Bishop</p> <p align="center"><b>Fri</b> St. Ignatius of Loyola, Priest</p> <p align="center"><b>Sat</b> St. Alphonsus Mary de Liguori, Bishop</p> <p align="center"><b>Sun</b> 18th Sunday of the Year</p>
<p><b>All visitors <u>must strictly observe</u> the social distancing regulations and good hygienic practices outlined at the Church entrances.</b></p> <p>Anyone who is unwell; exhibits symptoms of Covid-19 or who are at increased risk from the virus, and/or have been advised to shield, should remain at home.</p> <p><b>Members of the Pastoral Council will be present to provide direction and ensure compliance with the required arrangements.</b></p> <ul style="list-style-type: none"> <li>♦ There is a one-way system in operation with appropriate signage.</li> <li>♦ Visitors will be asked to use an antibacterial wipe to clean their seat, before sitting and upon leaving.</li> <li>♦ To minimise the risk to visitors and cleaners, toilet facilities <b><u>will not</u></b> be accessible while the church is open.</li> </ul>	
<p><b>Mass at St. Mary, Star of the Sea, Whitehouse</b> <a href="https://www.loughshoreparishes.org/webcam/">https://www.loughshoreparishes.org/webcam/</a></p>	<p><b>Mass at St. Bernard's, Glengormley</b> <a href="https://www.churchservices.tv/glengormley/">https://www.churchservices.tv/glengormley/</a></p>