



*Saint Nicholas'*

# Parish of Carrickfergus & Whitehead



*Our Lady of Lourdes*

**19th April 2020**

**2nd Sunday of Easter**

**Cycle A Week 2**

**Fr. Peter Owens PP,VF**

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## 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.**

## Mass on the Parish Website

Fr. Peter will celebrate Sunday Mass for the

## Second Sunday of Easter (Divine Mercy Sunday)

from Mount St. Nicholas'

This will be available to watch on the Parish Website.

Please check the Website on the day.

## First Communion update

First Holy Communion will take place this autumn on a date to be confirmed, as agreed with Mr Austin.

This is dependent on any future directives from the Public Health Authority and the Diocese.

## COVID-19 COUPLES & RELATIONSHIPS SUPPORT LINE

IF YOU NEED TO SPEAK TO AN EXPERIENCED COUPLES & RELATIONSHIPS COUNSELLOR DURING THIS TIME OF UNPRECEDENTED STRESS AND PRESSURE ON FAMILY LIFE...

Contact: 028 9568 0151

(9.00 am -8.00 pm, Monday to Friday) All calls charged at local rate.

## Contact Details for Helplines

There are a list of telephone contact numbers for various Helplines on the Parish Website page.

## Parish Cell Groups - Cell Chat

To access the group chat forum on WhatsApp, please text Jim Mullan on 07841 428436 leaving your phone number and name.

## Hope

There is very little in our lives that we have full control over, even if we try. But we can control the way we think and our attitudes, and these can change everything.

**St. Mary, Star of the Sea, Whitehouse**

<https://www.loughshoreparishes.org/webcam/>

**St. Bernard's, Glengormley**

<https://www.churchservices.tv/glengormley/>

## This Week

### Sun

Feast of Divine Mercy

### Mon

St. Beuno, Wales

### Tues

St. Anselm, Bishop

### Thurs

St. George Patron Saint of England,  
St. Adalbert of Prague

### Fri

St. Fidelis of Sigmaringen, Priest

### Sat

St. Mark, Evangelist

## Parish Safeguarding Committee

Social distancing is placing a strain on the mental health of many. This week we are focusing on mental health and we've put together some 'Take 5' tips for looking after yourself whilst staying home. Stay safe and look out for each other.

Aware NI provides support for people suffering from depression and anxiety. If you or someone you know needs help, Aware is currently operating a support line Monday to Friday 11am to 3pm.

Please call 07548530931.

An email support service is also available: [info@aware-ni.org](mailto:info@aware-ni.org)



# Take5

steps to wellbeing

**We know when we are mentally and physically well but sometimes we need a little extra support.**

**Here are five simple steps to practise every day:**



**Connect**

### Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



**Be active**

### Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



**Take notice**

### Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



**Keep learning**

### Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



**Give**

### Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing ([www.neweconomics.org](http://www.neweconomics.org)).  
Artwork designed in association with Belfast Strategic Partnership.

[www.mindingyourhead.info](http://www.mindingyourhead.info)