



*Saint Nicholas'*

# Parish of Carrickfergus & Whitehead



*Our Lady of Lourdes*

**26th April 2020**

**3rd Sunday of Easter**

**Cycle A Week 3**

**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](mailto:carrickfergus@downandconnor.org)

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

## 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

### Third Sunday of Easter

from Mount St. Nicholas'

This will be available to watch on the Parish Website.

Please check the Website on the day.

## This Week

### Sun

Third Sunday of Easter

### Mon

St. Asicus, Ireland

### Tues

St. Peter Chanel, Priest  
St. Louis Grignon de  
Montford

### Wed

St. Catherine of Siena

### Thurs

St. Pius V, Pope

### Fri

St. Joseph the Worker

### Sat

St. Athanasius, Bishop

## Requiescant in Pace



### Recently Deceased

Celine Arkins

### Anniversaries

Rose Quinn  
James McConnell

*Eternal rest grant unto them, O  
Lord,  
and let perpetual light shine  
upon them.  
May they rest in peace.  
Amen*

Recently deceased Mrs Celine Arkins  
on 20th April 2020.

A funeral mass will be streamed  
on You Tube from Wednesday 22nd April.  
<https://www.youtube.com/watch?v=HMsZjcaebHQ>  
A memorial mass will take place as soon as the  
Covid 19 restrictions are lifted.

## Family Notices

During the Coronavirus restrictions we would like to invite Parishioners to add family notices into the weekly parish bulletin. This could be, Births, Deaths, Anniversaries, Achievements, Milestones etc. Please note we must adhere to General Data Protection Regulation(GDPR), so please confirm that those named have given permission to do so. If you would like have a notice in the Bulletin, please email your message to the parish on [carrickfergus@downandconnor.org](mailto:carrickfergus@downandconnor.org)

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

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

**St. Bernard's, Glengormley**

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

Visit the Parish Facebook page on - <https://www.facebook.com/groups/CarrickfergusParish>

# PARISH SAFEGUARDING COMMITTEE

If you are worried a child or young person may be struggling with their mental health or has anxiety about coronavirus; we've got advice to help you support them.

- ♦ **Talk** to them about what's going on, their feelings and worries. You don't need to have the answers, but talking things through can help them feel calmer.
- ♦ **Reassure** them that this will pass, you're there for them, and you will get through this together.
- ♦ Keep as many regular **routines** as possible, so that your child feels safe and that things are stable.
- ♦ Find **practical things** to do to alleviate anxiety, (such as reading crafts, painting cooking and puzzle games). This is also a great way of providing a space for them to talk.
- ♦ Every child and young person could be challenged to learn a new skill or master new knowledge, with a target and some form of informal assessment, by way of motivation, achievement, novelty and fun.

For more information and support, the NSPCC has information on keeping people safe.

[www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/](http://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/)

Or you can access advice from Youngminds Mental Health Charity.

[https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/#how-can-i-access-mental-health-support-and-treatment-for-my-child-during-the-coronavirus-pandemic?-](https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/#how-can-i-access-mental-health-support-and-treatment-for-my-child-during-the-coronavirus-pandemic?)

## List of Contact Numbers for Helplines

### Bereavement Support

NI CRUSE Bereavement Care <https://www.cruse.org.uk> Tel: 0808 808 1677

Carrickfergus Whitehead Bethany Group 07598825187

### Depression

AWARE NI Web <http://www.aware-ni.org> Email [info@aware-ni.org](mailto:info@aware-ni.org) Tel: 0845 1202961 or 028 90357820

### Domestic Violence/Abuse

Tel: 0808 802 1414

### Mental Health

Crisis response Lifeline [www.lifelinehelpline.onfo](http://www.lifelinehelpline.onfo) Tel: 0808 808 8000

**Samaritans** 116 123

**Mid and East Antrim Community Advice Services.** (Previously CAB) 10am -2pm Tel 028 96001333

**Society of Saint Vincent de Paul (SVP)** North Region Tel: 02890351561

or Parish office Tel: 028 93363269

### Safeguarding

If you are concerned about the welfare of a child or young person.

Local Social Services offices (Working hours 9am-5pm)

Belfast HSC Trust 028 90507000 Northern HSC Trust 0300 1234 333

Regional Emergency Social Worker (5pm -9am) 028 9504 9999

If you are concerned about the welfare of an Adult.

Local Social Services offices (Working hours 9am-5pm)

Belfast HSC Trust 028 9504 1744 Northern HSC Trust 028 9441 3659

Regional Emergency Social Worker (5pm -9am) 028 9504 9999

### 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.