



Saint Nicholas'

Parish of Carrickfergus & Whitehead



Our Lady of Lourdes

10th May 2020

5th Sunday of Easter

Cycle A Week 1

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.

Requiescant in Pace



Recently Deceased

Susan McGivern

Anniversaries

Josephine Donaghy,
Seamus Donaghy,
Carole Magee,
Annie & Robert Kemp,
Patrick Haveron,
Samuel Haveron,
Sally Glanville (1st Anniv.)
Lily Poland, May Newell,
Rose Shanks Poland,
Isobella Poland.

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

Mass on the Parish Website

Fr. Peter will celebrate Sunday Mass for the

Fifth Sunday of Easter from St. Nicholas' Church

This will be available to watch on the Parish Website.

Please check the Website on the day.

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.

'Bring flowers of the rarest for the Queen of the May'



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.

This Week

Sun

Fifth Sunday of Easter

Tues

St. Achilleus
St. Nereus
St. Pancras

Wed

Our Lady of Fatima

Thurs

St. Matthias, Apostle

Fri

St. Carthage, Ireland

Sat

St. Brendan, Ireland

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

St. Bernard's, Glengormley

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

St. Mary, Star of the Sea, Whitehouse

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

PARISH SAFEGUARDING COMMITTEE

KEEP CALM. STAY WISE. BE CALM.



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	 <p>"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl</p>				

ACTION FOR HAPPINESS



www.actionforhappiness.org

This coping calendar has daily actions to help us to look after ourselves and each other as we face this global crisis together. Copies of the calendars can be downloaded from www.actionforhappiness.org

Saints of Ireland this coming week

15th May—St Carthage (or Mochuta) (d. 637)

Carthage's chief legacy was that of an austere and blameless life.

St Carthage was a Kerryman who set up a monastery, first in Kerry, then at Rahan in Co Offaly, and finally at Lismore in Co Waterford. In later centuries Lismore became the seat of a diocese. In 1363 the diocese was joined with Waterford. Carthage is still its patron saint.

16th May—St Brendan, Abbot AD 486-578

Brendan was a Kerryman who was born in 484-486. He studied at Clonard under Finnian. His name is connected with many places in Kerry such as Ardfert and Mount Brandon. He visited Scotland and reached the Hebrides and possibly areas beyond. He founded a monastery in Clonfert in 568 and died there in 578.

PPC Appeal

"Hi all, the Covid-19 pandemic is the biggest challenge the Parish has faced in a generation. As we go through this together we, your PPC, 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. Whether they show Parishioners resting, laughing or crying, we want you to share them with us.

If you have anything please send by email to.. Carrickfergus@downandconnor.org Thank you"