



*Saint Nicholas'*

# Parish of Carrickfergus & Whitehead

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



*Our Lady of Lourdes*

**31st May 2020**

**Pentecost Sunday**

**Cycle A Week 1**

**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)

## Mass on the Parish Website

Fr. Peter will celebrate Sunday Mass for

## Pentecost Sunday

from Our Lady of Lourdes Whitehead

## A Holy Hour for Our Lady - Sat 30th May

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.

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

## Requiescant in Pace



## Recently Deceased

Josephine Devine,  
Winifred McKay,  
Eamon Mallon,  
Eamon O'Donnell

## Anniversaries

Vincent Nolan,  
Harry O'Donnell,  
Mary Mulholland,  
Mary Kemp, Bobby Kemp  
*Eternal rest grant unto them,  
O Lord, and let perpetual light  
shine upon them.  
May they rest in peace.  
Amen*

## Re-opening of Church for private individual prayer

The Diocese of Down and Connor has agreed the re-opening of some churches for private individual prayer.

The Parish of Carrickfergus and Whitehead will open both churches from Sunday 7<sup>th</sup> June from 4-6pm.

**All visitors to the church must strictly observe the social distancing regulations and good hygienic practices outlined at the Church entrances.**

Anyone who is unwell or exhibits symptoms of Covid-19 should remain at home.

Those who are at increased risk from the virus, and/or have been advised to shield themselves should remain at home.

This will continued to be reviewed in line with further guidance from the Diocese and the Government.

Please see the weekly parish bulletin for further updates.

## PRAYER FOR SPIRITUAL COMMUNION:

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.

## Parish Retreat at Drumalis 2020—Cancelled

Drumalis, like other religious bodies is also in lockdown at this time. This year would have been their 90th anniversary as a Retreat Centre. At present, all Courses, Retreats and Meetings at Drumalis have been cancelled or postponed, until they know how to proceed with re-opening.

## PARISH SAFEGUARDING COMMITTEE

Lots of us have been using the internet to keep in touch with our family and friends over the past weeks whilst we have been unable to meet with them in person.

Some of us are probably finding we are spending more time online than we perhaps usually do as we keep in touch, use social media platforms and video and audio conferencing, shop or stream digital content either on computers or our mobile devices.

We have even been able to attend Mass in our own churches via the web; something we couldn't have even imagined doing twenty years ago when the new St Nicholas' church was first opened.

The digital world continues to develop at a remarkable pace and it's really difficult to keep up with all the different applications we hear about from young people or in the media.

Some of the information we hear can be very worrying. Ever wondered what TikTok or Houseparty are? Or how Snapchat works? Or want to know how best to support your child's remote learning?

National Online Safety are a multi-award winning provider of online safety e-learning and resources and offer free access to a wide variety of up-to-date information guides that will assist you in keeping your family safe online.

<https://nationalonlinesafety.com/guides>

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

**National Online Safety**  
#WakeUpWednesday

### Online Safety Tips For Children

**Do's**

- 1 KEEP YOUR PERSONAL INFORMATION PRIVATE ONLINE**  
Only share it with people you know like friends and family. Ask a trusted adult, like your teacher or a family member, to help you change your privacy settings so that strangers can't see it.
- 2 SPEAK POLITELY AND BE KIND TO OTHERS WHEN YOU SPEAK TO THEM ONLINE**  
Treat them like you would treat them in real life and always remember your manners.
- 3 TELL A TRUSTED ADULT IF YOU ARE BEING BULLIED ONLINE**  
If other another person is sending you nasty messages, a trusted adult will be able to help you collect evidence and report the person to the relevant authorities.
- 4 USE PASSWORDS TO PROTECT YOUR PERSONAL INFORMATION**  
Ask a trusted adult to help you create a password that you can easily remember but which is hard for other people to guess.
- 5 ALWAYS CHECK WITH A TRUSTED ADULT FIRST BEFORE USING A DEVICE OR DOWNLOADING A NEW APP**  
This is so that they can check it is safe for you to use and make sure the privacy settings are right.
- 6 TELL A TRUSTED ADULT IF YOU SEE SOMETHING ONLINE WHICH YOU DON'T LIKE**  
This can include anything that upsets you, makes you feel sad or which you're unsure about.
- 7 USE THE INTERNET TO HAVE FUN AND TO HELP YOU FIND OUT INFORMATION ABOUT THINGS**  
Remember to ask your trusted adult for help and always use child friendly search engines so that the information you get back is safe.

**Don'ts**

- 1 ACCEPT FRIEND REQUESTS FROM STRANGERS OR PEOPLE YOU DON'T KNOW**  
Always tell a trusted adult if somebody you don't know tries to contact you online.
- 2 SPEND TOO MUCH TIME ON YOUR DEVICE**  
Instead, go out and play with your friends, get some fresh air and try to exercise more. This will help you stay fit and healthy.
- 3 REPLY TO MESSAGES FROM ONLINE BULLIES OR PEOPLE WHO SEND YOU NASTY MESSAGES**  
The most important thing to do is to tell a trusted adult and then block the person from contacting you.
- 4 COPY PEOPLE'S WORK ONLINE OR PRETEND IT IS YOURS**  
This is called plagiarism and can get you into a lot of trouble.
- 5 BE MEAN OR NASTY ONLINE**  
Behave online like you would in real life and don't post anything that can make you look like a bad person. Things that you post online can stay there for a very long time.
- 6 USE YOUR DEVICES CLOSE TO BEDTIME**  
This will allow your brain to rest so that you can get a good night's sleep, stay focused at school and perform better in class.
- 7 SHARE PERSONAL INFORMATION ON THE INTERNET WITH STRANGERS**  
Always tell a trusted adult if somebody you don't know asks you for your personal information.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.11.2019

## 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](mailto:Carrickfergus@downandconnor.org) Thank you "

## 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



## Contact Numbers continued from page 2...

### 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

### Prayer for a pandemic.

May we who are merely inconvenienced, remember those whose lives are at stake.

May we who have no risk factors, remember those most vulnerable.

May we who have the luxury of working from home, remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close, remember those who have no options.

May we who have to cancel our trips, remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market, remember those who have no margin at all.

May we who settle in for a quarantine at home, remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbours.

Amen.

***This  
Week***



**Sun**

Pentecost Sunday

**Mon**

The Blessed Virgin Mary, Mother of the Church

**Tues**

St. Marcellinus & St. Peter, Martyrs

**Wed**

St. Kevin, Abbot

**Thurs**

St. Charles Lwanga & Companions, Martyrs

**Fri**

St. Boniface, Martyr

**Sat**

St. Norbert, Bishop



## June Online Retreat Days

Normally in the month of June we would be welcoming pilgrims to the Island on Pilgrimage, but these are not normal times we are living through.

We will offer three Online Retreat Days this June:

Sunday 7 June 2020 - Saturday 13 June 2020 - Thursday 18 June 2020

To read more about the retreats and where to go and how to join the retreat days we invite you to visit <https://loughderg.live/> This is a new, dedicated website offering retreat resources for people to access as and when they are free to do so. A recording is available from one of the day retreats in May. It is offered as a complete programme to support people who do not have the time in their schedule to share a day with us online in June. This retreat recording can be accessed on this new website at any time.

‘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.’

## Mass Cards

Pre-signed Mass Cards can be obtained from Patrick Quinn and Siobhan Gilmore (Carrickfergus) and Paddy & Gerardine Stewart and Mary McCormack (Whitehead).

They will record the intention requested and communicate it to me as soon as possible.

Once we return to more ‘normal’ circumstances, these cards will be withdrawn immediately.

**Father Peter**

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

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

**St. Bernard's, Glengormley**

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