



Saint Nicholas'

Parish of Carrickfergus & Whitehead

www.carrickparish.org



Our Lady of Lourdes

19th July 2020

16th Sunday of the Year Cycle A Week 4

Fr. Peter Owens PP,VF

Parochial House,
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Mount St. Nicholas,
Carrickfergus

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

Requiescant in Pace



Anniversaries

Pat Quinn,
Maureen O'Kane,
Terence McMagnus,
Vera McAuley,
Peggy Brankin,
Benny Brankin,
Benny Brankin Jr.
Brendan Bailie.

*Eternal rest grant unto them,
O Lord, and let perpetual light
shine upon them.*

*May they rest in peace.
Amen*

Offertory Promise Envelopes.

These can be placed in the boxes located at the back of the church, which will be accessible during the period of Private Individual Prayer on Sunday afternoon 4pm - 6pm.

Mass on the Parish Website

Fr. Peter will celebrate Sunday Mass for

16th Sunday of the Year from St. Nicholas' Church, Carrickfergus

Resumption of Sunday Mass

Following further communication from the ecclesiastical and civil authorities, the Parish Pastoral Council and Covid 19 Parish Support Team have been working with Father Peter to ensure a safe return to the public celebration of Mass in Carrickfergus and Whitehead.

Very stringent risk assessments have been completed at the request of the Diocesan Office and the situation will be under review. The object of all these efforts by our team of volunteers is to provide a safe environment for our parishioners to attend Mass together and, despite the strictures of social distancing and hygiene control, feel comfortable and at ease in the sacred spaces of both our churches.

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.

Numbers attending will be determined by the diocesan requirement of 2 metres social distancing.

The PPC has discussed at length the most feasible and fairest method of inviting which parishioners to attend which Masses – please follow the Parish Website, Facebook Page and weekly Bulletin over coming weeks. It will not be possible for everyone to attend Mass every Sunday, but additional Masses will be celebrated, if required, to enable everyone to attend Mass at least once a month.

Permission has been granted for 'Sunday Mass' to be celebrated on weekdays, if expedient.

All these regulations demand patience, cooperation and a sense of social responsibility, as well as Christian fraternity, from all of us.

While Father Peter and the PPC look forward to seeing as many parishioners as possible back at the public celebration of Mass, we would emphasize that no one should feel obligated to attend, and indeed anyone who is feeling unwell definitely should not attend.

Now, as never before, we are called to have a care for one another as a parish family.

Mary McCormack (Chair of Parish Pastoral Council)

Growth in Prayer & Reflective Living 2020-2021 Information Sheet *IGNATIAN SPIRITUALITY*

Purpose of the course A one-year programme (30 x 2½ hour sessions) for those who want a closer relationship with God; who struggle with prayer; who want to make choices that are in tune with God's dream for the world. No expertise in prayer or reflection is required. All are welcome. So come along, whether you have a specific reason for doing the course or simply want space to explore and reflect on your life in relationship to God, self and others.

The Course The course aims to provide participants with prayer resources and reflection skills that will help them: Deepen their relationship with God; Become more aware of the sense and direction of their lives; Make choices that reflect their self-identity within an understanding of God's hopes for the world; Develop a spirituality that shapes their response to life. Towards this end, and within the framework of the Christian liturgical year, the course provides opportunities to: Reflect on your understanding of God and self; Become aware of the many ways in which God communicates with us Become familiar with different methods of prayer as tools for engaging in conversation with God; Explore some spiritualities as responses to God's communication; Develop skills for reflective living; Explore the relationship between prayer and engagement with the world; Develop a personal spirituality that integrates prayer and life and helps shape your response to the latter.

What Follows the Course? The course is complete in itself. However, it is also a foundation for future possibilities, such as: Individual spiritual accompaniment. Retreats of various kinds, including the full Spiritual Exercises of St Ignatius

Method: The method is reflective and experience-based. Sessions include team input, guided experiences of prayer, time for quiet personal prayer, and opportunities for listening and sharing.

Times and Attendance: The course will run on Monday evenings from 7pm to 9.30 pm. The dates are:

Sept 20	Oct 20	Nov 20	Dec 20	Jan 21	Feb 21	Mar 21	Apr 21	May 21	June 21
14,21,28	5,12,19,26	9,16,23,30	7,14	11,18,25	1,8,15	1 8,15	19,26	10,17,24	7,14,21

Financial Information: The offering for the course, which is subsidised by the Friends of Drumalis, is £300.

To confirm your acceptance of a place on the course, please forward a deposit of £50 by August 31st.

It may be possible to access a partial bursary through the Society of Retreat Conductors. Their website is www.thesrc.org.uk For further information about this, please contact maura@drumalis.co.uk. Applications for bursaries must be received a **minimum** of one calendar month before the beginning of the course. Late applications cannot be considered. Balances should be cleared by 11 May 2021.

Church opening times for private individual prayer

Carrickfergus & Whitehead
Every Sundays from 4pm to 6pm

Contact Details for various **Helplines** can be found on the Parish Website.

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

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.

Members of the Pastoral Council will be present to provide direction and ensure compliance with the required arrangements.

- ♦ There is a one-way system in operation with appropriate signage.
- ♦ Visitors will be asked to use an antibacterial wipe to clean their seat, before sitting and upon leaving.
- ♦ To minimise the risk to visitors and cleaners, toilet facilities **will not** be accessible while the church is open.

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.

This Coming Week

20th-26th July

Mon

St. Apollinaris

Tues

St. Lawrence of Brindisi,
Priest

Wed

St. Mary Magdalene

Thurs

St. Bridget of Sweden

Fri

St. Declan

Sat

St. James, Apostle

Sun

17th Sunday of the Year

Mass at St. Mary, Star of the Sea, Whitehouse

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

Mass at St. Bernard's, Glengormley

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