



*Saint Nicholas'*

# Parish of Carrickfergus & Whitehead

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



*Our Lady of Lourdes*

**9th August 2020**

**19th Sunday of the Year Cycle A Week 3**

**Fr. Peter Owens PP,VF**

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Mount St. Nicholas,  
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[www.carrickparish.org](http://www.carrickparish.org)

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

## Requiescant in Pace



### **Anniversaries**

May Neeson  
Jean Carton  
Harry McMahon  
Terry Humphrey

*Eternal rest grant unto them,*

*O Lord, and let perpetual light shine upon them.*

*May they rest in peace.  
Amen*

We remind you that a recorded Mass is available which can be viewed on the parish website  
[www.carrickparish.org](http://www.carrickparish.org)  
every week.

## **Returning to the Public Celebration of Mass**

The Parish has taken significant steps to make the Church ready for the public celebration of Mass in the light of Covid-19. We ask you to be patient and understanding as we implement all the public health requirements.

*Anyone who is unwell; exhibits symptoms of Covid-19 or who are at increased risk from the virus, should remain at home.*

To comply with 2 metre social distancing requirements, and to ensure your safety; the churches will be able to accommodate the following numbers.

**‘Mount St Nicholas’ has a capacity for 38 individuals/household units.**

**‘Our Lady of Lourdes’ has a capacity for 15 individuals/household units.**

### **Important points to note when attending mass:**

- ◆ Please hand sanitise, on entering and exiting the Church. Sanitising dispensers are located at the entrance doors.
- ◆ Avoid touching all door handles or hard surfaces. Doors will be kept open at all times to ensure ventilation in the church.
- ◆ There will be a one-way system in place and two metre distancing will be strictly adhered to at all times.
- ◆ Stewards will be present to show you to your seat. Seats are marked with an indicator where you can sit.
- ◆ Stewards will guide the congregation's movements at Holy Communion and while in the Church.
- ◆ Face coverings are advisable for everyone attending. Please remove your facemask before approaching the priest for Holy Communion.
- ◆ Weekly Collection Envelopes can be put in the marked Collection Box as you enter the Church.

We would like to invite those with **Surnames** in the following alphabet order to Mass on the assigned Sundays in the month of August.

(If people come in a shared car, the Driver's Surname is applicable).

Sunday	Whitehead 9.30am
Today	F-L
16th August	<b>M and Mc</b>
23rd August	<b>N-Q</b>
30th August	<b>R-Z</b>

Sunday	Carrickfergus 11.30am
Today	D-I
16th August	<b>J-M</b>
23rd August	<b>Mc</b>
30th August	<b>N-Z</b>

*'Truly, you are the Son of God'*



## Mass on the Parish Website

Fr. Peter will celebrate Sunday Mass for **19th Sunday of the Year**  
from Our Lady of Lourdes Church, Whitehead

### **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 Safeguarding Committee Leaving Lockdown

The gradual easing of lockdown brings us those longed-for opportunities (even if at a social distance) – to see friends, resume contact with family in 'real space' or get back to work, social and spiritual activities that we value. But for many of us, even the happy, much anticipated changes can be difficult for our mental health and for others; the prospect of coming out of lockdown can be a real worry. This may especially apply to those of us that were shielding or more vulnerable to the virus and those of us with mental health concerns.

We should be prepared for the fact that the end of lockdown might be as hard for us as the start was. Just as it took us time to find ways of coping during lockdown, we should also expect that it will take time to find our way back, and to reconnect with life.

The advice we have all heard about staying connected, eating well, and taking exercise still apply just as much now as they did at the start of lockdown – perhaps even more so as we remain in a period of high stress but with more demands on us. It's vital for our wellbeing that we remember our own situations are unique to us and that we don't judge ourselves harshly based on what other people are doing. Everybody is facing uncertainty and challenge – and we have no choice but to move through it and support each other as best we can along the way.

For further advice and support, use the links below or scan the QR codes using the QR reader app on your phone to take you directly to the websites.

<https://www.mind.org.uk/information-support/coronavirus/managing-feelings-about-lockdown-easing/>

<http://www.covidwellbeingni.info/>



## **Sacramental Preparation**

If you have a child who will be in P3, P4 or P7 and who is not attending St. Nicholas' Primary School or Acorn Integrated Primary school and you want your child prepared for First Confession, First Communion or Confirmation, could you **please contact** the Parish Office asap? This is particularly important for Confirmation preparation, as the date for Confirmation can be as early as January.

## ***This Coming Week***

*10th - 16th Aug*

### **Mon**

St. Lawrence, Martyr

### **Tues**

St. Clare, Virgin

### **Wed**

St. Attracta, Virgin  
St. Muredach, Bishop

### **Thurs**

St. Pontian, Pope  
St. Hippolytus, Priest

### **Fri**

St. Maximillian Mary Kolbe, Martyr

St. Fachanan, Bishop

### **Sat**


The Assumption of the Blessed Virgin Mary

### **Sun**

20th Sunday of the Year

**WASH**  
  
**HANDS**

**COVER**  
  
**FACE**

**MAKE**  
  
**SPACE**

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/>