



Saint Nicholas'

# Parish of Carrickfergus & Whitehead



Our Lady of Lourdes

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

16th August 2020      20th Sunday of the Year      Cycle A Week 4

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## 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 should be worn by those 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).

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

## Requiescant in Pace



### Anniversaries

John Quinn,  
Margaret Henry (1st Anniversary)

*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.

Sunday	Whitehead 9.30am
Today	M and Mc
23rd August	N-Q
30th August	R-Z

Sunday	Carrickfergus 11.30am
Today	J-M
23rd August	Mc
30th August	N-Z

*'Woman, great is your faith! Let it be done for you as you wish'*



## Mass on the Parish Website

Fr. Peter will celebrate Sunday Mass for **20th Sunday of the Year** from St. Nicholas' Church, Carrickfergus

### **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.

## Online Resources for Children making their First Holy Communion

The *Catechetics Council of the Irish Bishops Conference* are producing a series of resources which will be very useful in the preparation of children who will be making their First Holy Communion over the next few weeks.

They will consist of three movie episodes (30mins each) with an accompanying worksheet.

**Episode 1: Preparing to Celebrate the Eucharist – Sacrament of Reconciliation** has already been uploaded and the remaining episodes will be uploaded as they become available. All episodes and resources are being made available and delivered through the iCatholic player. (<https://www.icatholic.ie/category/sacraments/>)

These will also be available from the Diocesan Website ([www.downandconnor.org](http://www.downandconnor.org)) for ease of access.

**Worksheet Number 1** can be found on the Parish Website to download

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

### **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.



The **Sanctuary of Our Lady of Knock**, is usually named only as **Knock Shrine** (Irish: *Cnoc Mhuire*, "Hill of Mary" or "Mary's Hill").

### **Prayer to Our Lady of Knock**

Our Lady of Knock, Queen of Ireland, you gave hope to your people in a time of distress and comforted them in sorrow. You have inspired countless pilgrims to pray with confidence to your divine Son, remembering His promise, "Ask and you shall receive, seek and you shall find". Help me to remember that we are all pilgrims on the road to Heaven. Fill me with love and concern for my brothers and sisters in Christ, especially those who live with me. Comfort me when I am sick, lonely or depressed. Teach me how to take part ever more reverently in the Holy Mass. Give me a greater love of Jesus in the Blessed Sacrament. Pray for me now and at the end of my death. Amen.

### ***This Coming Week***

*17th - 23rd Aug*

**Mon**

Our Lady of Knock

**Wed**

St. John Eudes, Priest

**Thurs**

St. Bernard, Abbot

**Fri**

St. Pius X, Pope

**Sat**

The Queenship of Mary

**Sun**

21st 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/>