



Saint Nicholas'

# Parish of Carrickfergus & Whitehead



Our Lady of Lourdes

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

**6th September 2020 23rd Sunday of the Year Cycle A Week 3**

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## Returning to the Celebration of Public Mass

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

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

Sunday	Carrick 11.30am	Sunday	Whitehead 9.30am
6th Sept	A-E	6th Sept	A-F
13th Sept	F-L	13th Sept	G-M
20th Sept	M-Mc	20th Sept	Mc-O
27th Sept	N-Z	27th Sept	P-Z

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

To comply with social distancing requirements; the churches have a capacity of:

**38 individuals/household units in Mount St Nicholas, Carrickfergus**

**15 individuals/household units in Our Lady of Lourdes, Whitehead**

## Requiescant in Pace



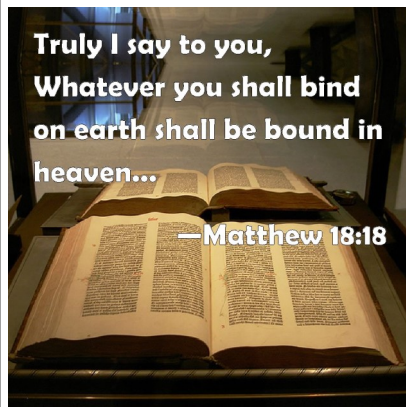
### Anniversaries

John Callaghan,  
Veronica Walker,  
Agnes and Patrick  
Duffin

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

Truly I say to you,  
**Whatever you shall bind  
on earth shall be bound in  
heaven...**

—Matthew 18:18



### **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.**

### **Mount St Nicholas, Preschool Playgroup.**

A pre-school place has become available, i.e. if your child was born on or before 1st July 2017; please contact Hilda on 07729583134 for more information.

**Prayer Online:** Come and join us at [www.soulparemission.com](http://www.soulparemission.com) Who are we? We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director. What's on offer? A variety of PDF meditations on Mother Teresa, St John Paul II, Ignatius Spirituality to name but a few. Lots of content to Dive into. There you will find - Podcasts on Faith, Friendship & Knowledge; Rosaries, Prayers and Marian Consecration. Come and join us and be part of the prayer movement online!

## Community Health & Wellbeing Team

### **HELP FOR YOUR COMMUNITY**

Do you know that **there is local support** to help your community through these difficult times?

If you need help with getting food, medicine or supplies please call **Mid and East Antrim Community Advice Service**. Tel. (028) 96001333 - advice line open Mon to Fri, 9am to 5pm (closed 12-1 for lunch) Email: [michele.campbell@meacas.com](mailto:michele.campbell@meacas.com)

This support is being offered by Mid and East Antrim Borough Council and other partners. We are working together to ensure our residents can stay safe and well at home.

### **TAKE UP THE OPPORTUNITY OF FREE HOME ENERGY SUPPORT**

Are you or anyone you know struggling to heat your home, have difficulty understanding energy bills, or how to work your heating controls? If so, Mid and East Antrim Borough Council have a free home energy service to help with these issues around the home.

Should you require further information, please contact one of our Community Health and Wellbeing Officers. Email [wellbeing@midandeastantrim.gov.uk](mailto:wellbeing@midandeastantrim.gov.uk) (giving your **name, address and a contact telephone number**) or Tel. (028) 28262498 - open Mon to Fri, 9am to 5pm.

**PPC Appeal** The Covid-19 pandemic is the biggest challenge the Parish has faced in a generation. As we go through this together we, 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, please send to [Carrickfergus@downandconnor.org](mailto:Carrickfergus@downandconnor.org) Thank you.

**Anam Cara Donegal**, the organisation that supports bereaved parents, is holding it's monthly Parent Evening for bereaved parents on Thursday 10th September at 7:20pm in the Raddison Blu, Letterkenny. This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not. \* subject to change in accordance with government guidelines\*. For more information, see [anamcara.ie](http://anamcara.ie) or call our Information Line on 01 4045378

### **St. Nicholas' Parish Repository**

With COVID regulations, the Repository will only be able to serve one parishioner/household at a time. The shop can also be accessed by booking an appointment. Please contact Anne or Patrick on 07449 749476. Papers and Magazines will continue to be delivered directly to households.

### **Online Resources for Children making their First Holy Communion**

**Episode 1:** The sacrament of Reconciliation (or as some call it 'Confession') is the focus for this first lesson.

**Episode 2:** In this second lesson for those preparing for Holy Communion, Eleanor and Johanna along with Fr Chris explain more about the different parts of the Mass.

**Episode 3:** In this final lesson, Eleanor and Johanna along with Fr Chris explain how to prepare and practice for receiving Holy Communion for the first time. All episodes (30mins each) and resources are being made available and delivered through the iCatholic player. <https://www.icatholic.ie/category/sacraments/>. They are also available from [www.downandconnor.org](http://www.downandconnor.org).

**Worksheets 1, 2 & 3** can be found on the Parish Website. [www.carrickparish.org](http://www.carrickparish.org).

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

*7th - 13th Sept*

#### **Tues**

Nativity of the Blessed Virgin Mary

#### **Wed**

St. Ciaran, Abbot

#### **Fri**

St. Deiniol, Wales

#### **Sat**

St. Ailbe, Bishop

The Most Holy Name of Mary

#### **Sun**

24th Sunday of the Year

### **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.

### **Download the StopCOVID NI App.**

HSC has developed the StopCOVID NI App ( <https://www.health-ni.gov.uk/publications/stopcovid-ni-app-explainer-leaflet>) to help stop the spread of the Coronavirus.

**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/>