PARISH OF BANGOR, ARDS PENINSULA FAMILY OF PARISHES

Parish Priest: Very Rev Joseph Gunn St Comgall's Presbytery, 27 Brunswick Road, Bangor, Co Down, BT20 3DS
T: (028) 9146-5522 **Permanent Deacon**: Rev James McAllister **T:** 07751 851444
Email:bangor@downandconnor.org **Website**:www.bangorparish.com **Office Hours**: Mon-Fri 10am to 1pm.

Thirtieth Sunday in Ordinary Time, Year A – 01 November 2026

Your prayers are requested for:

Anniversaries:

Anne & Vincent O'Regan
Peter McNally
Edward Smith
Danielle Cummings
Colette Stalford
Owen Taylor
Stephen Taylor
Samuel Thompson
Thomas Finnegan
Stephen Gillespie
Rose – Anne Kelly
Charlotte Hutchinson
Freda Devlin
Paul McWilliams
Valerie McGarrity
Elizabeth Savage
Margaret Stewart
Ian Gillen

MASS TIMES NEXT WEEK

DAILY MASS:

All Souls Day Monday 02 November @ 9.30am, 1 & 7.30pm
Tuesday 03 – Friday 06 November2026 @ 9.30am

ST COMGALL'S CHURCH DONAGHADEE

Sunday 08 November 2026 @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 07 November @ 6.30pm
Sunday 08 November @ 10am & 12noon

BAPTISMS

Please register online SIDE BAR under Baptism registration
Baptisms are celebrated on Sundays @ 1.15pm

Trócaire

Trócaire is looking for volunteers to help deliver school talks during our annual Lent Appeal during ***February and March 2027!***

We are particularly interested in hearing from people with public speaking experience, especially retired teachers or those who have worked with young people. Volunteers will visit local schools during school hours to share stories of hope, justice and solidarity from communities around the world.

The role involves approximately ***1-2 short talks per week*** *during the four-month campaign period.*

Full training, presentation materials and ongoing support will be provided. Please contact Fionnuala McGuinness on 028 9080 8033 or fionnuala.mcguinness@trocaire.org by the first week of December if you are interested!

Help inspire young people to become agents of change



PARISH CENTRE – PARISH GROUPS 2026

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15pm until 9.45pm [Minor Hall] **LECTIO DIVINA GROUP** 7.30pm – 8.30pm [St Dympna's Room] **BADMINTON** NOW WEEKLY at 8 to 9pm [Main Hall]	**FRIENDSHIP CLUB** at 10.30am [Minor Hall] **IRISH DANCING CLASSES** at 6.00pm to 8.30pm [Main Hall] **SVP** at 7.30pm to 9.30pm [St Dympna's Room]	**MEDITATION GROUP** at 12pm to 1.30pm [St Dympna's Room] **FOLK GROUP** AT 6.30 -7.30pm [St Dympna's Room] **SENIOR CHOIR** At 7.30pm [St Dympna's Room] **YOUTH CLUB** AT 6.30 -8.30pm [Main Hall]	**St Comgall's Guide Unit** (Girls aged 6-18) at 6.15pm to 8pm [Main/Minor Hall] **IRISH LANGUAGE CLASS** At 7pm to 8pm [St Dympna's Room] **CEILI DANCING** at 8.15pm to 9.30pm [Minor Hall]	**Ju-Jitsu Club** (Juniors 5-15yrs) 6-7pm [Main Hall] **Discussion Group** At 7.30pm – 9pm [St. Dympna's Room]

Parishioners are advised that the Parish Office will be closed on Monday 02 November.

St Comgall's Men's Friendship Group

We had a great response at the information meeting for the new Men's Group - 24 men attended plus 4 others are interested but couldn't be there due to various reasons.
The meeting was very positive. Going forward Wednesday mornings will be the preferred meeting day and we have agreed to meet again on the 18th of November. There is a very definite need for the Men's Friendship Group. It was heart-warming to see the level of very genuine interest in getting the group up and running.
So watch this space for more information!

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Recharge Young Adult Group

All young adults aged 18-35 are welcome to the following events in St Colmcille's, Belfast:

6th October @ 7.30pm - Holy Hour

20th October @ 7.30pm - Group Study

Columbanus Festival

The Columbanus Festival will take place in Bangor on Saturday 21st and Sunday 22nd November 2026.

The Columbanus Ecumenical Service on Sunday 22nd November will be held in St Comgall's Church, Brunswick Road, Bangor. We are delighted that Sister Ann Gray from the Columban Missionaries will be our guest speaker. People attending are encouraged to bring a Christmas food gift or other grocery item which will be donated to a local food bank for those who are in need.

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ANNIVERSARY MASS & PRAYERS REQUESTS

Parishioners are kindly advised an Anniversary Mass request for a Friday Daily Mass should be arranged with Canon Whyte directly.

Saturday Vigil Mass is reserved ***Pro Popolo (for all living & deceased parishioners)***

We request parishioners be in attendance for an Anniversary Mass they have booked and speak with the Priest before the Mass begins. Stipends can be offered to the Priest officiating on the day or handed into the Parish Office the week before.

Requests for names to be included in Anniversary Prayers should be submitted to the Parish Office before Thursday 10.30am and can be made in person or via telephone or email.

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Bangor Conference 07703679384
(covering Bangor West, Clandeboye/Newtownards Road area, Kilcooley, Helens Bay and Crawfordsburn)
Ballyholme/Donaghadee Conference 07703679389. (covering Bangor city centre, Bangor East/Ballyholme, Balloo/Bloomfield Road area, Groomsport, Donaghadee and Millisle

PRAYERS AT HOLY COMMUNION

Spiritual Holy Communion Prayer

My Jesus, I believe that you are present
in the most Blessed Sacrament.
I love you above all things and
I desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you have already come,
and unite myself wholly to you.
Never permit me to be separated from you.
Amen.
composed by Saint Alphonsus Liguori

ANIMA CHRISTI
Prayer to the Most Holy Redeemer

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, embolden me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me.
Never permit me to be separated from you.
From the evil enemy defend me.
At the hour of my death call me
and bid me to come to you,
that with your Saints I may praise you
for age upon age. Amen

Prayer Online: Come and join us at… www.soulparemission.com Who are we? We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director living in Down and Connor. What's on offer? A variety of PDF meditations on Scripture, Mother Teresa, 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, Videos of Reflective Prayers during Adoration. Come and join us and be part of the local prayer movement online!

CALENDAR OF SAINTS DAYS

JANUARY 2024	