

# Parish of Bangor, Member of Ards Pastoral Community

Parish Priest: Very Rev Joseph Gunn St Comgall's Presbytery, 27 Brunswick Road, Bangor, Co Down, BT20 3DS  
T: (028) 9146-5522 E: bangor@downandconnor.org W: [www.bangorparish.com](http://www.bangorparish.com) Office Hours: Mon-Fri 10am to 1pm.

PARISH NEWSLETTER

## 26th Sunday, Year A – 1<sup>st</sup> October 2023

Your prayers are requested for

### Recently Deceased:

Michael Carlin (Strangford)  
Gemma Patricia Haggen  
Geraldine McVeigh

### Month's Mind:

Alice Havlin

### Anniversaries:

Gerard Treacy Raymond Havlin  
George & Mary McMillan  
Catherine Gavin John McMullin  
Marie Donnelly Judith Hewitt  
Stephen McKearney Breffni Watson  
Fiona McConnell Jack Devitt  
James & Michael Duffy

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 1<sup>st</sup> October 2023 @ 9.00am  
Prayer Service led by Deacon James McAllister

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 30th September @ 6.30pm and  
Sunday 1<sup>st</sup> October @ 10am & 12noon

### MASS TIMES FOR:

### DAILY MASS NEXT WEEK 2nd – 5th Oct 2023

Morning Mass: Monday – Sr Maura Eucharistic Service 9.30am  
Tuesday, Thursday & Friday -Deacon James Eucharistic Service 9.30am  
**Wednesday – No Mass**

### BAPTISM REGISTRATION

Please register online SIDE BAR under '**Baptism Registration**'

Retreat for Mothers 10am St. Teresa's Parish Hall (pre-registration required)

Reconciliation TUE 03/10 Mother of Mercy Corpus Christi Church Ballynahinch (light refreshments afterwards)

Mass followed by Sacred Heart Devotions with Way of the Cross - Open Immaculate Heart of Mary Church - Antrim Road FRI 06/10

First Saturday Devotions and Holy Rosary (led by Mary) 12:00pm St. Mary's Chapel Lane SAT 07/10

OUR 20TH ANNUAL ROSARY PROCESSION

Followed by Benediction and Catholic Organisations' Fair in St. Comgall's Hall with refreshments afterwards

From St. John's Parish to St. Peter's Cathedral 2:30pm (Shuttle bus available from St. Peter's to St. John's from 12:30-2:15pm)

### RIGHT TO LIFE UK

*"The Church commemorates our Guardian Angels this week. Let us ask Our Lord to direct our Guardian Angels to watch over and care for all of us, and particularly those who are in need of special protection like little babies and children, and the unborn. Lord hear us".*

You are warmly invited to our annual

## Mass for the Dedication of Studies

Sunday 1st October 8pm

### Principal Celebrant

Dr Niall Coll

Bishop of Ossory

The Great Hall  
Lanyon Building  
Queen's University Belfast

Refreshments in the Chaplaincy afterwards  
42 University Road

[catholicchaplaincy@qub.ac.uk](mailto:catholicchaplaincy@qub.ac.uk)

### First Penance and Holy Communion classes for children not attending the parish schools

The classes will begin in the parish centre on **Sunday 5th November at 11am** for preparation of the sacraments. Parents are asked to contact the parish office with their details. The classes are open to children in P4 and older and a parent/guardian is requested to attend with their child. Enrolments closing date is **Thurs 26<sup>th</sup> October 2023**

HAIL HOLY QUEEN CONFERENCE 2023 IS LIVE ON RADIO MARIA IRELAND FROM 2PM ON SATURDAY 7TH OCTOBER. Speakers include FR. SEÁN MAGUIRE, FR. COLUM POWER, CATHERINE MCGOWAN, FR. FREDDY WARNER. Radio Maria Ireland can be listened to by downloading the Radio Maria Ireland APP, Saorview Channel 210 or listen live at (01)4373277

**PARISH CENTRE – PARISH GROUPS 2023**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>
<b>BRIDGE CLUB</b> at 7.15 until 9.45pm  <b>LECTIO DIVINA GROUP</b> 7.30pm – 8.30pm [St Dymrna’s Room]	<b>FRIENDSHIP CLUB</b> at 10.00am  <b>IRISH DANCING CLASSES</b> at 6.00pm  <b>SENIOR CHOIR</b> Starting 11 <sup>th</sup> October at 7.30pm	<b>MENCAP</b> Every fortnight at 6.00pm  <b>BADMINTON</b> Every fortnight at 8.00pm	<b>St Comgall’s Guide Unit</b> (Girls aged 6-18) at 6.30pm  <b>IRISH CLASS &amp; CEILI DANCING</b> at 7.00pm	<b>St Comgall’s Ju-Jitsu Club</b> (Juniors 5-15yrs) 6-7pm (Seniors 16+yrs) 7-8pm

**BOOKING OF PARISH CENTRE:** Contact Thomas **only** on 07305 746 263 or Email: [mcmullanthomas481@gmail.com](mailto:mcmullanthomas481@gmail.com)

**If you have a parish group and wish to advertise the times of starting or day in this Parish Newsletter please contact the parish office by email on: [bangor@downandconnor.org](mailto:bangor@downandconnor.org)**

**St Paul GAA** are commencing a Lotto scheme to assist with the funding of Club activities. The scheme is now active with a weekly draw for a jackpot of £1,100 (increasing each week until the jackpot is won). Cost is £1 per entry, which can be made by accessing the QR code on St Pauls Facebook page; or on line at [https://www.klubfunder.com/Clubs/St\\_Pauls\\_GAC/lotto](https://www.klubfunder.com/Clubs/St_Pauls_GAC/lotto) Full details are on St Paul’s (Holywood) Facebook page. Telephone Pdraig on 07702 263288 for further information, or contact any Committee member. Your support will be much appreciated.

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**Calling all Lectors, Eucharistic Ministers and Extraordinary Ministers of the Eucharist Save the Date – Saturday 14th October 2023**

A day of training and reflection for those involved in the above ministries within our pastoral area has been planned for the given date. The event will take place in **St Colmcille’s Holywood**. All those who have attended similar events in the past have found them to be very beneficial to their role and also most enjoyable. The event is for those of us who are well established in the roles and also for people new to these ministries within their parish. Further details will be provided nearer to the date, but in the meantime, please keep the date free to ensure a good turnout.

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**St Columbanus Posts**

The College requires a temporary suitably qualified/experienced person for a vacancy in the College's front office. If you are interested in this temporary position, then please forward any enquiries and your CV to the College's Bursar at [gmcaleer953@c2ken.net](mailto:gmcaleer953@c2ken.net)

The College is updating its register of temporary Classroom Assistants for the current academic year 2023/2024. As a College, we are keen to have a list of suitably qualified Classroom Assistants who are available should there be staff illness or if temporary positions arise at short notice throughout this academic year.

If you feel you have the correct qualifications/experience and would like to be considered for any short/long term positions as/if they arise during this academic year please send your CV and availability to the College’s SENCO Mrs K Doyle at [kdoyle791@c2ken.net](mailto:kdoyle791@c2ken.net) or the College’s Bursar Mr G McAleer at [gmcaleer953@c2ken.net](mailto:gmcaleer953@c2ken.net)

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**We are now enrolling for Adult Faith Development programmes commencing at Drumalis in Autumn 2023: Pathways – Adult Faith Development Programme**

*Now in our 18<sup>th</sup> Year...* Have you ever thought of taking time out, to reflect, to better understand your faith in all its richness, to explore how it might be integrated with your busy, daily life and to nurture in a focused way your relationship with God? If the answer is “yes”, then Pathways may be for you. The course runs one Saturday per month (10 am – 4 pm) from October to June, either in-house at Drumalis or online via Zoom.

**Certificate in Christian Thought (Two-year, part-time course)**

The Certificate in Christian Thought aims to offer a space where adults can explore, reflect upon, discuss and study faith and how it relates to life in today’s world, both at a personal and community level. It is possible to do the course for validation by St Mary’s University College or for personal development only. The course is offered either in-house at Drumalis, Larne or online via Zoom over seven Saturdays from September to May.

For further information or to register on either of these courses, please contact Drumalis during office hours (Mon-Fri, 9 am – 5 pm) – 028 28276455/28272196 or email [maura@drumalis.co.uk](mailto:maura@drumalis.co.uk) Further information also available on Drumalis website: <http://www.drumalis.co.uk>

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**St.Comgall's Ju-Jitsu Club**

JU-JITSU IS SO MUCH MORE THAN PUNCHING AND KICKING ... GET FIT, LEARN SELF DEFENCE, BUILD CONFIDENCE AND HAVE FUN! CLUB INSTRUCTORS - Colum Jordan 7th Dan & Scott Jordan 1st Dan.

Places will be limited and are offered on a first come first served basis.To book a place contact: Colum Jordan

T.07970143611 [colum.jordan@icloud.com](mailto:colum.jordan@icloud.com)

St.Comgall's Ju-Jitsu Club is a World Ju-Jitsu Federation Club registered by Sport N.I.

For information about our organisation visit; [www.jujitsuireland.com](http://www.jujitsuireland.com)

**ST VINCENT DE PAUL HELPLINES**

**Bangor Conference 07703679384**

(covering Bangor West, Clandeboye/Newtownards Road area, Kilcooley, Helens Bay and Crawfordsburn) will continue to use the existing number -.

**Ballyholme/Donaghadee Conference 07703679389.** (covering Bangor city centre, Bangor East/Ballyholme, Balloo/Bloomfield Road area, Conlig/Breezmount, Groomsport, Donaghadee and Millisle)

# Saint Luke's and Nativity Parish Offices



**From Wednesday 17<sup>th</sup> May 2023, the Parish Office for both St Luke's & Nativity Parishes will be re-located to St Luke's Church, Twinbrook, BT17 0RP**  
*(From that date, Nativity Presbytery, Bell Steel Road, will no longer serve as a Parish Office)*

**The telephone number for the re-located Parish Office (both St Luke's & Nativity) and St Luke's Presbytery will be**

028 90 625739

*(the former St Luke's number 02890 619459) will no longer be in use)*

**The Parish Office opening hours will be the following:**

**Monday, Tuesday, Thursday and Friday 10am-1pm)**

**Email addresses will remain the same.**

[stlukes@downandconnor.org](mailto:stlukes@downandconnor.org)

[nativity@downandconnor.org](mailto:nativity@downandconnor.org)

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## **Unused bicycles for charity**

The Rotary Club of North Down supports a Belfast charity, Bike Aid Africa, which collects second hand bicycles of all sizes, repairs and refurbishes them and then forwards them to a country in Africa for use by people of all ages as their only means of transport, e.g. to get to work or go to school. At the end of June, it will be sending a container of bicycles to Madagascar. If anyone has a bicycle no longer in use, please phone Greg McCourt on 07774672445 who will be pleased to collect it and delivery it to this worthy charity.

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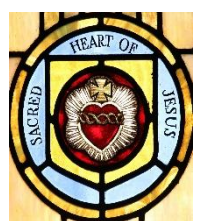
## **OTHER NOTICES:**

### ▪ **COLUMBANUS ACROSS EUROPE**

Dear Friend of Columbanus Bangor, An Italian Columbanus friend sent me the link below which is a beautifully illustrated copy of a children's book written by Giovanni Caselli about the journeys of Columbanus across Europe through the eyes of a young trainee monk called Finbar. <https://rotharroutes.com/wp-content/uploads/2015/09/columbanus.pdf>

### ▪ **FOSTER CARE SERVICES AND SUPPORT**

'There are children in crisis today in our local communities – children of all ages and all abilities. Can you spare an hour a day, an overnight or a weekend or more to make a difference in a child's life? If you can, then contact the Regional Fostering Team at [www.adoptionandfosteringcare.hscni.net](http://www.adoptionandfosteringcare.hscni.net) or on 0800 0720 137....remember ,every child is just one caring adult away from success'.



## **8<sup>th</sup> Sunday in Ordinary Time, Year A – 26<sup>th</sup> February 2023**

**Lord Jesus, you have said, 'Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you.'** I come to you in faith and trust, in love and hope. Let me know your closeness to me and your care for me and for all who are dear to me.

**My intention:** Hear my prayer (*mention intention*); grant what I ask, and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour. And so, Most Sacred Heart of Jesus, I place all my trust in you.

**Penitential Act:** I confess to the almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

## **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.

### **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.

<p>Never permit me to be separated from you. Amen. <i>composed by Saint Alphonsus Liguori</i></p>	<p>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</p>
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**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 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

MAY/JUNE 2023	
<p><b>Wednesday 10 May</b> Saint Comgall, Abbot of Bangor</p>	<p><b>Sunday 4 June</b> The Most Holy Trinity</p>
<p><b>Sunday 21 May</b> The Ascension of the Lord</p>	<p><b>Friday 9 June</b> St Columba</p>
<p><b>Wednesday 24 May</b> Day of Prayer for the Church in China</p>	<p><b>Sunday 11 June</b> Corpus Christi</p>
<p><b>Sunday 28 May</b> Pentecost Sunday</p>	<p><b>Saturday 17 June</b> The Immaculate Heart of Mary</p>
<p><b>Monday 29 May</b> The Blessed Virgin Mary, Mother of the Church</p>	<p><b>Sunday 18 June</b> Collection for Peter's Pence</p>
<p><b>Wednesday 31 May</b> The Visitation of the Blessed Virgin Mary</p>	<p><b>Saturday 24 June</b> The Nativity of St John the Baptist</p>