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 **Office Hours**: Mon-Fri 10am to 1pm.

The Presentation of the Lord, Year C – 2nd February 2025

Your prayers are requested for

Recently Deceased:

ANNE NELSON
PADDY COLE (Castleblayney)

Anniversaries:

JOHN & MARY DONOHUE PAT & BRIDIE MCALLISTER **EILEEN & HARRY MORROW CATHERINE & WILLIAM QUIRK HOLLIE HALL** KATHLENN MCMULLAN MOLLIE SULLIVAN PHYLLIS (MCVEIGH) MCCABE **CHRISTINE AULD GERARD FINNEGAN LUKE MCCANN** LILY MCILMURRAY **HAZEL ALLEN** MARGARET MOORE JOHN & MIRIAM ELLIS JIM O'BOYLE

MOST HOLY REDEEMER BALLYHOLME

Sunday 2nd February @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 1st February @ 6.30pm and Sunday 2nd February @ 10am and 12noon

MASS TIMES NEXT WEEK:

Monday 3rd – Friday 7th February 2025 @ 9.30am

BAPTISM REGISTRATION
Please register online SIDE BAR under
'Baptism Registration'

Baptisms are celebrated on Sundays @ 1.15pm

NOTICE TO PARISHIONERS

The Rome Pilgrimage commences on Wed 5th February – Tues 11th February. Canon Whyte assisted by Deacon James McAllister will undertake parish pastoral care in the absence of Canon Gunn.

Tel: 077 5185 1444

The Parish office will be closed on Monday 10th and Tuesday 11th February 2025.



ST COMGALL'S PARISH CENTRE

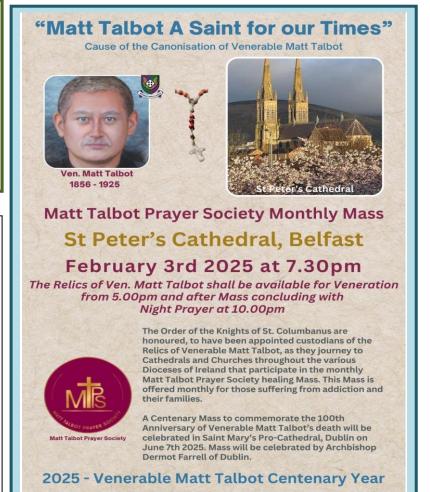
Cuppa & Connect:

- *Sunday 2nd February after 12md mass
- *Saturday 8th February after 630pm mass
- *Sunday 16th February after 10am mass
- *Sunday 23rd February after 12md mass

Save the date - Easter Family Ceili Saturday 12th April - more details to follow (*)

Our Holy Shop items continue to be sold at each Cuppa & Connect. We hold a small stock of bibles, missals & candles.

Catalogues available to browse through to order specific Holy items and for all upcoming sacraments including First Holy Communion and Confirmation.



PARISH CENTRE – PARISH GROUPS 2024

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB	FRIENDSHIP CLUB	PARENTS & TODDLERS	St Comgall's Guide Unit	Ju-Jitsu Club
at 7.15pm until 9.45pm	at 10.00am	10am	(Girls aged 6-18)	(Juniors 5-15yrs)
[Minor Hall]	[Minor Hall]	[Main/Minor Hall]	at 6.15pm to 8pm	6-7pm
_			[Main/Minor Hall]	[Main Hall]
LECTIO DIVINA GROUP	IRISH DANCING	MEDITATION GROUP		-
7.30pm – 8.30pm	CLASSES	at 12pm to 1.30pm	IRISH LANGUAGE	Discussion Group
[St Dympna's Room]	at 6.00pm to 8.30pm	[St Dympna's Room]	CLASS	At 7.30pm – 9pm
	[Main Hall]		At 7pm to 8pm	[St.Dympna's Room]
BADMINTON		MENCAP	[St Dympna's Room]	
NOW WEEKLY at 8 to 9pm	SVP	Every fortnight at 6.00pm	_ , ,	
[Main Hall]	at 7.30pm to 9.30pm	[Main/Minor Hall]	CEILI DANCING	
[]	[St Dympna's Room]		at 8.15pm to 9.30pm	
	, , ,	FOLK GROUP	[Minor Hall]	
		AT 7pm		
		[St Dympna's Room]		
		[et 27p.i.d a reasin]		
		SENIOR CHOIR		
		At 7.30pm		
		[St Dympna's Room]		

DISCUSSION GROUP

The Discussion Group will meet on the second Friday of every month in St Dympna's room from 7.30pm to 9.00pm.

The first meeting will be on **Friday 14th February** commencing at **7.30pm**.

The topic for the first meeting is: "Evils of the Latter Days". Everyone is welcome

NOTICE TO PARISHIONERS

Calling all Knitters!

We're delighted to announce the Big Knit is back for 2025!

So grab your needles and your brightest yarn and get knitting for Age NI.

For every hat knitted, Age NI receives 30p, and that money helps the Charity support older people who have no one else to turn to. To register and find out more, call Age NI on 028 9024 5729, email bigknit@ageni.org or visit www.ageni.org/thebigknit

ST COMGALL'S PRIMARY SCHOOL - RECIPIENTS OF THE SPIRIT OF CATHOLIC EDUCATION AWARD 2025

To mark Catholic Schools' Week, the Diocese of Down and Connor paid tribute to the inspiring work of twenty schools from across the diocese by awarding them with the prestigious **Spirit of Catholic Education Award 2025.**

This year, it is my pleasure to announce that one of our parish schools, St Comgall's Primary, was one of the award-winning schools. At a special ceremony in St Mary's University College on 22nd January, St Comgall's received the award from the Down and Connor Catholic Schools' Support Service, for their outstanding work, commitment and response to the call of Christ: "You Are My Witnesses" (Luke 24:48) – as well as for their ongoing role in upholding the distinctive gospel-inspired ethos and values of Catholic Education within the school community.

We send our warmest congratulations to all the staff of St Comgall's Primary School who are representative of how teachers across the diocese monitor, evaluate, review and embed an ongoing commitment to living out the Spirit of Catholic Education. Well done to everyone in St Comgall's Primary.

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)

St. Comgall's Bethany Bereavement Support Group

The aim of the Bethany Group is to provide support to the bereaved. The Bethany Group may be contacted via the Parish office

The loss of a partner through death, separation or divorce is devastating. Beginning Experience is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast on three Saturdays (25th January; 22nd February and 29th March) Booking essential. To find out more, contact Pauline 07519289185 or Marie 07896119669 or email belfastbe@yahoo.com						
Towards Peace Spiritual Support Service Towards Peace is an independent organization that provides a spiritual support and professional						
service for survivors of physical, emotional, sexual and spiritual abuse who suffered in an institutional, clerical or religious setting in Ireland. Funded by the Irish Catholic Bishops' Conference and the Association of Missionary and Religious in Ireland, the vision of Towards Peace is to provide a safe supportive space for people and their families, whose spiritual life has been damaged by abuse. Through spiritual accompaniment with a qualified spiritual director, Towards Peace endeavours to accompany people as they seek their own experience of spiritual peace, one step at a time. Towards Peace is also a response to the continually growing understanding of the spiritual impact of the trauma of abuse and seeks to raise awareness about this within the Church. The Towards Peace Spiritual Support Service is free of charge and for more please see https://towardspeace.ie/						
Accord NI Catholic Marriage Care Service seeking						
Marriage Preparation Facilitators						
ACCORD NI Catholic Marriage Care Service is currently recruiting people to train as marriage preparation programme facilitators.						
 If you have a positive attitude towards marriage in the Catholic Church If you have the enthusiasm to be part of the Accord team in supporting couples who are preparing for the Sacrament of Marriage Accord wants to hear from you!						
Successful applicants will receive professional training and will be part of a team delivering marriage preparation programmes locally.						
Contact Brenda on 02890 233002 or by email to info@accordni.com						
www.accordni.com						

ADOPTIVE PARENTS NEEDED URGENTLY



Family Care Adoption Services is an Adoption Agency, and a core part of our work is to place children with new adoptive families. We provide adoption services throughout all Northern Ireland and work with Health and Social Care Trusts to place single children and sibling groups for adoption.

These children are aged from babyhood to approximately 5 years old.

There are currently more children waiting to be adopted in Northern Ireland than families approved to adopt and there is an urgent need for new families to come forward.

All sorts of people from all walks of life can be considered for adoption.

So, wherever you live in Northern Ireland if you think you could offer a child/ren a new life in a family of their own and would like an informal chat to discuss this and to find out more about adoption,

CONTACT US!

Email: email@familycareadoption.org

Phone: 02890 691133

Website: www.familycareadoption.com

We are waiting to hear from you!

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				