

# 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

## 13<sup>th</sup> Sunday, Year A – 2<sup>nd</sup> July 2023

### Your prayers are requested for

#### Recently Deceased:

Danny De Largy

#### Anniversaries:

Margaret Beck  
Mary Starkey  
James McGrattan  
Mary Brannigan  
Paddy McGreevy  
Evelyn Walls  
Seamus McCoy  
Jack Price

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 2<sup>nd</sup> July 2023 @ 9.00am

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 1<sup>st</sup> July @ 6.30pm and  
Sunday 2<sup>nd</sup> July @ 10am & 12noon

#### MASS TIMES FOR:

#### DAILY MASS NEXT WEEK -03 – 07 July 2023

Morning Mass: Monday to Friday @ 9.30am

#### BAPTISM REGISTRATION

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

### Youth 200 Summer Festival

Join young people between 16 and 35 this August at the **Youth 2000 Summer Festival**. The festival takes place in Clongowes Wood College, Clane, Co Kildare from **Thursday 10<sup>th</sup> August to Sunday 13<sup>th</sup> August 2023**. The festival includes inspiring talks, music, prayer, concert, workshops, dramas, share groups, reconciliation and healing service and Mass. Donation only and we have buses going from all over Ireland. For more information and to book your place go to [www.youth2000.ie](http://www.youth2000.ie)

### LEBANON UPDATE

I am so grateful for the amazingly generous donations of clothes from the parish for my trip with the medical team to Lebanon last month. I have prepared a report back for the parish.

Dr Grainne McCann.

Please be advised that the pdf can be found in the **NEWS** section of the parish website.

### ARDS CCE Fundraising Coffee Morning

Many pupils from our parish schools and Ards CCE 15-18 year group will be heading to Milan in July to follow in the footsteps of Columbanus. They will be playing a range of shows whilst there as well as visiting the cathedral in Milan and performing. They are holding a fundraising traditional music coffee morning in the parish centre on **Sunday 2<sup>nd</sup> July** after **10am** and **12 noon** masses. Please support.

### Right to Life

*"We just reaffirmed that the Lord is the Giver of Life. Let us pray that we would always see God's creation in every new baby and in every expectant mother. Lord hear us".*

**PARISH CENTRE – PARISH GROUPS 2023**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>
<b>BRIDGE CLUB</b> at 7.15 until 9.45pm  <b>YOUTH CLUB</b> 6.30pm – 8.30pm  <b>LECTIO DIVINA GROUP</b> 7.30pm – 8.30pm [St Dymphna’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>YOUTH CLUB</b> 6.30pm – 8.30pm  <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

**BOOKING OF PARISH CENTRE:** Contact Thomas 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)**

**Dromantine Summer Camp**

For over 50 Years Dromantine Summer Camp, ran by SMA on the grounds of Dromantine Conference Centre, just outside of Newry, has been hosting young people for a week full of unforgettable memories.

A week of camp includes Sports, Talent and Individual Skills Shows, Quiz and Movie Nights, Reflective Prayer and Mass. A few spaces are still available for Boys Camp during the month of July.

Check out our website for more details and registration information. <https://www.dromantinesummertimecamp.co.uk/camp-registration>



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**SENIOR CITIZEN BUS PASS**

You may be aware of proposed changes to the provision of bus passes to senior citizens. As these proposals are likely to have an impact on many older parishioners you may wish to draw attention to the public consultation currently being undertaken.

[Consultation on free and discounted fares on public transport \(concessionary fares\) - NI Direct - Citizen Space](#)

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**Children’s Liturgy Volunteer Appeal**

Please contact Emma in the Parish Office if you would be interested in assisting in our Children’s Liturgy programme commencing in **Sept 2023**.

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**Singing For Boys 2023**

**Monday 14 August – Friday 18 August**

St Dominic’s Grammar School

135 Falls Road, Belfast BT12 6AE

This five-day course is aimed at boys aged 8–16 who want to improve their singing voice and musical skills. It is ideal for boys who have a passion for music and want to take their singing training to the next level.

We will be running two groups across the week. Morning sessions will be for younger boys (8–12) who are beginning their musical training. The afternoon sessions will be for boys (11–16) who already have some experience singing.

The summer school will conclude with a showcase at the end of the week to which parents and guardians are invited to attend. The scheme is an excellent entry point into the Schola boys' choir.

Please contact James McConnell at [schola@downandconnor.org](mailto:schola@downandconnor.org) for more information and an application.

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**Trócaire Fundraising**

The Trócaire team wish to thank the parishioners for their fantastic support at the recent coffee morning.

We raised a magnificent **£1,000**.

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Irish Class and Ceili Dancing class has finished for the summer holidays and will resume on **Thurs 7<sup>th</sup> September**.

**ST VINCENT DE PAUL HELPLINES**

**Bangor Conference 07703679384**

(covering Bangor West, Clondeboye/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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All-Ireland Rally for Life takes place in Dublin on Saturday 1st July. Make a stand to protect Ireland's unborn babies. Coaches travelling from towns across Northern Ireland. to book your seat contact **02890278484/ 07592280522** or email [info@preciouslife.com](mailto:info@preciouslife.com)

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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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### Belfast Pilgrimage to the Holy Land at Christmas 2023

Last remaining places for special Belfast Pilgrimage to the Holy Land at Christmas 2023 ex Dublin.

Taking in Bethlehem, Jerusalem, Nazareth, Dead Sea, Sea of Galilee, Last Supper Room, Garden of Gethsemane and Mount of Olives.

Full day in Bethlehem on Christmas Day.

Contact James Treacy 0035361921470 [jamestreacyphotography@gmail.com](mailto:jamestreacyphotography@gmail.com)

## **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://rotharoutes.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**

**ANIMA CHRISTI**

### **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*

### **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](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

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