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.

Eighth Sunday in Ordinary Time, Year C – 2nd March 2025

Your prayers are requested for

Recently Deceased:

Month's Mind:

Anne Nelson

Anniversaries:

RICHARD ROBINSON
DEREK MORGAN
SARAH DOHERTY
BERNADETTE (BERNIE) DIGNEY
PETER DOHERTY
DAVID LAUGHLIN
RORY O'KELLY
COLLEEN MCCOUBREY
EDDIE MCELROY
BRIAN DUFFY
JOHN BRANNIGAN
BETTY & JOE KELLY

PETER THOMPSON MARGARET SMITH

KATHLEEN MATTHEWS

MOST HOLY REDEEMER BALLYHOLME

Sunday 2nd March @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

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

MASS TIMES NEXT WEEK:

Monday 3rd March – 7th March @9.30am

ASH WEDNESDAY – St Comgall's Church Brunswick Road 10am, 1pm & 7.30pm

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

Baptisms are celebrated on Sundays @ 1.15pm

Recharge is a young adult group based in Down and Connor for those aged 18 to 35. The group meet twice monthly on the first and third Tuesday of each month to "recharge" the spiritual batteries through Adoration, intellectual formation and social gatherings.

We will be meeting on Tuesday the 4th and 18th of March at 7.30pm in St Colmcille's Church, Ballyhackamore. All welcome!



Cuppa & Connect:

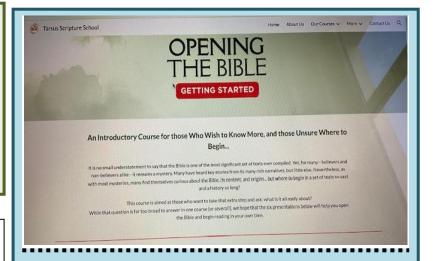
- *Sunday 2nd March after 12md mass
- *Sunday 09th March after 12md mass
- *Sunday 16th March No Cuppa & Connect -St.Patrick's weekend
- *Sunday 23rd March after 12md mass
- *Sunday 30th March No Cuppa & Connect Mothering Sunday

Easter Family Ceili Saturday 12th April @5pm - All welcome for an evening of fun, dancing, light supper and craic. Easter treats for all children

New Defibrillator has been installed & is located on the right hand wall to the main entrance of our Parish Centre.

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.



Conclave: Behind the Scenes at Vatican II (Drumalis, Larne – Wednesday, 12 March from 7-9 pm)

An evening with Brian McKee, Director at Drumalis, as he takes you into the politics behind the closed doors and the conversations in the coffee shops of Rome that eventually led to the Second Vatican Council. Tea/coffee/refreshments will be served. Voluntary donation.

To book a place(s), please contact Drumalis during office hours (Mon-Fri, 9 am – 5 pm) – 028 28276455/28272196 or email drumalis@btconnect.com Further information also available on Drumalis website: http://www.drumalis.co.uk

PARISH CENTRE - PARISH GROUPS 2025

| 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] | [25, 7, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, | 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] | [: :a, :] | at 8.15pm to 9.30pm | |
| | [50 2 /pa 5 1.00] | FOLK GROUP | [Minor Hall] | |
| | | AT 7pm | [rimer rian] | |
| | | [St Dympna's Room] | | |
| | | [St Dympha's Room] | | |
| | | SENIOR CHOIR | | |
| | | At 7.30pm | | |
| | | [St Dympna's Room] | | |
| | | Jol Dylliplid's ROOIII | | |

Parishioners are advised the parish centre will be closed on MONDAY 17[™] MARCH 2025

Cap On The Wall will be putting on 2 sensational shows of Irish music song and dance, with special guests, all Ireland champions and lead dancer from riverdance. Lauren Smyth.

Sat 15th March St Patrick's hall Newtownards

Sunday 16 March St Comgall's Parish Centre Bangor.

Tickets £10 from Thomas shop Brunswick road Bangor or on Eventbrite.

Both shows will have licensed bars and fabulous ballots. Stew also available at the Ards show.

Mary's Meals - Emergency in Southern Africa

Southern Africa is experiencing its worst drought in 100 years, with an estimated 21 million children in the region suffering from malnutrition. Mary's Meals works in four of the worst effected countries (Malawi, Mozambique, Zambia and Zimbabwe) providing vital daily school meals to 1.5 million hungry children. To help Mary's Meals keep providing these life-changing meals and reach more children in need, please keep our work in your prayers and consider donating to this appeal. 10p provides a school meal. Find out more at www.marysmeals.org.uk or freephone 0800 698 1212

Step forward as a Pilgrim of Hope this Lent!

As we journey through the Jubilee Year, Pope Francis invites us to be Pilgrims of Hope – people who walk in faith, supporting one another and deepening our relationship with Christ. We invite you to join us for our Lenten program, *Pilgrim Hearts – Walking in the steps of Jesus this Lent*, a 6 week Lenten journey inspired by the Sunday gospels and the lives of the Irish saints who embraced faith in times of challenge. From St Patrick's prayers on the mountain to St Brigid's acts of compassion, their lives remind us that holiness is lived in simple, everyday choices. They were the great heralds of the Christian faith in Ireland. Evangelisation begins with an invitation! Who in your life might need this journey? Invite a friend, a family member, or someone who perhaps has been away from Church for a while. Your invitation could be the start of their pilgrimage of hope.

All are welcome! For more details contact the parish office or Derek on the number below.

Venue: Most Holy Redeemer, Ballyholme

Date: Sundays during Lent, 9th, 16th, 23rd, 30th March, 6th & 13th April

Time: 5pm to 6.30pm Contact person: Derek 07549362907

Don't just give up sweets this Lent.

Come along to the Legion of Mary Bible Study, St. Paul's Pastoral Centre (on the grounds of St. Paul's Church), 125 Falls Road, Belfast.

Starting Tuesday 4 March at 7.30pm and continuing every Tuesday of Lent.

Light refreshments provided after session.

There is a very interesting basic course (6 video presentations) on the Bible which is being offered on line by the Tarsus Scripture School free of charge.(tarsusscriptureschool.ie). The talks are very interesting and clear and I think people would enjoy them. It is done as a service to the Church in Ireland, interested individuals and parishes, and has already a huge number of people tuning in.

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

| 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/ 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 |
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| 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 Preparation Facilitators ACCORD NI Catholic Marriage Care Service is currently recruiting people to train as marriage preparation programme facilitators. |
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| If you have a positive attitude towards marriage in the Catholic Church |
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| 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 |
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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 | | | | |
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