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.

PARISH NEWSLETTER

Fourth Sunday of Lent (Laetare Sunday), Year B - 10th March 2024

Your prayers are requested for

Recently Deceased:

Maura Strain (Crossgar) Pat Devine (Belfast)

Month's Mind:

Anne Finlay

Anniversaries:

Kathleen McIldowney Nuala Martin Hannah Carlin Matt & Josie Kelly Anne Gordon John Magill Joe McMullan Peggy Balance Patricia Gray Molly Coyle David Mclaughlin Patrick Linehan Brendan Donaghy Patrick G Donaghy Lily & John Conlan Peter KangYu Yan Duncan McLaughlan Jim Carey Stella Morrow Nan Rouse Paddy Rouse Mary Anderson Patrick McGrogan

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 10th March @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 9th March @ 6.30pm and Sunday 10th March @ 10am and 12 noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK 11th - 15th MARCH @9.30am

BAPTISM REGISTRATION

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



Exposition of the Blessed Sacrament

In order for the regular Monday Exposition of the Blessed Sacrament to continue, volunteers are urgently required for one hour of adoration on a rota basis and the current schedule needs to be revised. We are keen to have volunteers for between **1-3pm**. Please contact the office via email providing information as to your availability. If unable to attend please inform the parish office.

Children's Liturgy

If anyone would like to help with Children's Liturgy which is hopefully starting up soon, would they give their name to Emma in the Parish Office.

It takes place during the 10am Sunday Mass for Primary One to Primary Five children at the moment and it takes the children from the church to the parish centre for approximately 20minutes every Sunday. Leaders or helpers would only be required on a rota of 1 in 4 weeks, so it would not be a big commitment but it is a great asset to children in the understanding of the Gospel.

In the parish centre the leaders explain the Gospel in a child-like form and the children are given a little activity or a craft to colour in to remember what they learned. Any queries please contact Lisa Morrow on 07762 788733

Jubilee Year Pilgrimage Further details available on parish website in the NEWS section

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB	FRIENDSHIP CLUB	MENCAP	St Comgall's Guide Unit	St Comgall's Ju-
at 7.15 until 9.45pm	at 10.00am	Every fortnight at 6.00pm	(Girls aged 6-18)	Jitsu Club
			at 6.30pm	(Juniors 5-15yrs)
	IRISH DANCING	BADMINTON		6-7pm
	CLASSES	Every fortnight at 8.00pm	IRISH CLASS	
LECTIO DIVINA GROUP	at 6.00pm		At 7pm	
7.30pm – 8.30pm		FOLK GROUP		
[St Dympna's Room]	SVP	AT 7PM	CEILI DANCING	
	At 7.30pm		at 8.15pm	
		SENIOR CHOIR		
		At 8PM		
		SET DANCING CLASS		
		At 8pm		

BOOKING OF PARISH CENTRE: Contact Craig in the parish office 028 9146 5522 or via email on

bangorparishaccounts@downandconnor.org

UNTIL FURTHER NOTICE THERE WILL BE NO NEW PARISH CENTRE BOOKINGS

This year our Diocesan Pilgrimage to Knock will take place on Sunday 9th June.

We look forward to welcoming our new Bishop Alan to lead us for the first time.

I encourage parishes to consider organizing a coach perhaps in conjunction with neighbouring Parishes or as a Vicariate, perhaps for one day or overnight.

I would be grateful if parishes could contact me if they wish to plan a trip to Knock to join the Diocesan Pilgrimage or if they need any assistance or advice on planning. I can be contacted at:

v.cushnahan@downandconnor.org

028 90 713401

Continuing the legacy of Saint Patrick who tells us in his Confessions that he rose as many as one hundred times before dawn to pray, a group of Christians will gather at 5:45 am at his grave on Saint Patrick's morning 17th March. We will pray The Our Father/ The Lord's Prayer one hundred times for peace and unity in Christ among our peoples. Everyone welcome. Please spread the word among friends from different Christian denominations.

A ST PATRICK'S WAY pilgrimage experience in Downpatrick on March 16, led by pilgrim guides Martina Purdy and Elaine Kelly. Visit The Saint Patrick Centre, see IMAX film, & receive passport to walk with guides to Inch Abbey and Saul Church & St Patrick's grave. Lunch and bus transfers inc £35 pp. 9am-3pm More info contact the Centre 02844 619000 (The walk is approx 6 miles)

<u>Marriage Enrichment Weekend, 26 – 28 April 2024, Co. Kildare:</u> an opportunity to energise communication and romance in your marriage! Visit: www.marriageencounter.ie/marriage-encounter-weekend

Year 24/25 CHURCH ENVELOPES

Church collection envelopes for the 24/25 year will be available for collection at the back of the Churches in Bangor and Donaghadee from **Saturday 9th March**. If you have any queries relating to envelopes, please contact Craig in the Parish Office.

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 on the following number 074 7751 7864

Escorted Tour to Westport, Knock & Co Mayo, 10th March 2024. £799.00 pps. Price includes return bus from NI, 5 nights' in 4* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Lunch on three days. All entertainment, excursions and transport included. Visit Knock, Galway City, Kylemore Abbey, Croagh Patrick & Ashford Castle. Single supplement on Enquiry. Contact Patricia on 07740 175557 or 087 1890 236 or email knockpilgrimages@gmail.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

<u>www.accordni.com</u>

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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				