

# 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  
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PARISH NEWSLETTER

## The Most Holy Trinity, Year A – 4th June 2023

### Your prayers are requested for

#### Recently Deceased

James Connell  
Jean McLarnon

#### Anniversaries:

William McGeorge  
Owen Rafferty  
Robert Johnson  
James McKeown  
Pat Devine  
Teresa McCreesh  
David McHenry  
Gerard Murray  
Alice McGivern  
Monsignor Vincent Kerr

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 4<sup>th</sup> June 2023 @ 9.00am

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 3<sup>rd</sup> June @ 6.30pm and  
Sunday 4<sup>th</sup> June @ 10am & 12noon

#### MASS TIMES FOR:

#### DAILY MASS NEXT WEEK – 5<sup>th</sup> – 9<sup>th</sup> June 2023

Morning Mass: Monday to Friday @ 9.30am

#### BAPTISM REGISTRATION

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

### Pathways to the Future

Last weekend Bishop Donal McKeown wrote to us about the possibilities and challenge facing the Church in Down & Connor in the years ahead. His letter certainly got attention - particularly where he talked about the difficult decisions and sacrifices, we have to make as congregations get smaller and the number of priests fall.

But that's not the whole story by any means! We believe in the Good News of Jesus Christ, and there is always good news in the Church. In the pastoral letter a vision is set out of a Church which faces up to the profound changes we're living through, that seeks to go out and make new disciples, and which welcomes everyone into a relationship with God. This is a courageous vision that will require us to look at how we are structured as a church. The Pathways to the Future Committee are developing ideas on how we can collaborate across our parishes as *Families of Parishes*.

In families of parishes, we will see a new range of ministries develop in which lay people will play a crucial role. If we want to pass on the faith to the next generation, to see our congregations grow again, to see Catholics making a real difference in the community and to nourish new vocations to religious life, we have to do things differently - and we all have a part to play! On Trinity Sunday, may the Father, Son and Holy Spirit bless us as we take the first steps on our pathway to the future.

### Pathways to the Future Prayer

God of Love,  
You are with us in every transition and change.  
As we enter into this new era with excitement and even some anxiety,  
we recall your deep compassion, presence, and abounding love.  
We thank you for the gifts, talents and skills with which you have  
blessed us.  
We thank you for the work of others that gives breadth and depth to  
our own work.  
Be with us as we move forward, rejoicing with you and supporting one  
another.  
We ask this in your Holy Name.  
AMEN

### 10-11 June Corpus Christi Weekend

All children who made their First Communion are warmly invited to come to any weekend mass wearing their First Communion outfits.

Sisters from St Catherine's Convent Minsk will be in St Comgalls Brunswick Rd after all masses offering religious items for sale.

**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)**



**Parish Confirmation Class**

Congratulations to the boys and girls of the Parish Confirmation class who received the Sacrament of Confirmation on Wed 31<sup>st</sup> May.  
 May the gifts of the Holy Spirit develop mightily in their lives and let His Light shine.



**The Columban Charter of Partnership**

The Columban Partnership is being formed to link all the nine countries where St Columbanus travelled and are now being joined in a pilgrimage route. Each country retains its independence under the partnership but will link and co-operate in developing the Columban way and other aspects of partnership such as cultural, spiritual and charitable goals. This weekend Friends of Columbanus are seeking support by signature for the aims and purposes. Signatures will be collected after masses on Pentecost Sunday. No commitment to membership of the Friends of Columbanus is necessary, but applications for membership are also welcome.

Please support **Trocaire Coffee** morning on **Sunday 25 June**. Big ballot prizes.

**Down and Connor Annual Knock Pilgrimage**

We welcome you to join us for our Diocesan Knock in person/Virtual Pilgrimage on **Sunday 11<sup>th</sup> June 2023**. The Ceremonies will be streamed live on the Shrine website [www.knockshrine.ie](http://www.knockshrine.ie) and on Knock Shrine Facebook page. The programme will commence with the Sacrament of the Anointing of the Sick at 2.30pm and Mass will be celebrated at 3pm by Bishop Donal McKeown. Apostolic Administrator of the Diocese of Down and Connor. Bishop McKeown will also deliver the Homily. The Mass will be followed by the Recitation of the Rosary

You are invited to place a Petition by visiting the Knock Shrine website and all the Petitions will be placed before the Altar during the Mass. You may also request that a candle be lit for your intentions, or you may do so in person.

Many regular visitors to Knock with our Diocesan Pilgrimage have expressed a reluctance to travel this year via coaches, therefore, unfortunately, there are a limited number of Parish Groups attending this year. We do hope that we can build this up again in the years to come.

We encourage as many of you as possible to participate and pray that next year we may gather, as a Diocese, in larger numbers in person at our National Shrine of Our Lady of Knock.

With Every Blessing

Father Vincent Cushnahan  
 (Diocesan Knock Pilgrimage Director).

### **Columbanus Community Folk Festival**

Ards CCE are hosting the Columbanus Community Folk Festival in Bangor 4-11 June 2023.

All events posted and information on tickets at [www.ardscce.co.uk](http://www.ardscce.co.uk)

Headline act **Sat 10 June** – Mike McGoldrick, Dezi Donnelly and Tim Edey.

St Comgalls Parish Centre. Doors open 7pm.

Tickets £12.50, children free with a paying adult

Licensed bar and fab ballots

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### **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.dromantinesummerncamp.co.uk/camp-registration>



### **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)

**Tobar Mhuire Retreat Centre:** A warm welcome is extended to a series of conversations under the theme of "Stories of Life, Faith and Hope."

Tuesday 30 May - Baroness Nuala O'Loan on 30th May (former Police Ombudsman)

Tuesday 6 June - Fr Aidan Troy CP (former parish priest in Holy Cross, Ardoyne) and advocate on issues around suicide. Further information can be received from the reception at Tobar Mhuire, telephone 02844830242 or email [reception@tobarmhuire.com](mailto:reception@tobarmhuire.com).

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**SAFEGUARDING:** The Diocese of Down and Connor has invited the National Board for Safeguarding Children in the Catholic Church in Ireland to conduct a review of safeguarding practice across the Diocese. The review will take place 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> June. If you have any views about Safeguarding in the Diocese, you are invited to contact Teresa Devlin, Chief Executive Officer, National Board for Safeguarding Children in the Catholic Church in Ireland, prior to the review dates: Tel 003531 5053124 or email [teresa.devlin@safeguarding.ie](mailto:teresa.devlin@safeguarding.ie).

This is part of the process of learning and maintaining best safeguarding practice across the Diocese and ensuring our Church is a safe and nurturing place for young people where they can grow and develop their faith. Philip O Hara, Interim Director of Safeguarding, Designated Liaison Person, Diocese of Down and Connor.

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## 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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### HOMESCHOOLING CONFERENCE.

Laura Berquist, founder of Mother of Divine Grace School, will be speaking on Catholic Homeschooling and Classical Education, at Kelly's Inn, Garvaghey, Ballygawley, Co. Tyrone. Tues 6th June at 7pm. Free event where you will have a chance to meet other local homeschooling families. All welcome.

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### Right to Life UK

*"Let us pray for all those who work in hospice care, or who care for the terminally ill at home or in hospital, that they may be filled with the compassion and love of the Father, Son and Holy Spirit. Lord hear us".*

## **OTHER NOTICES:**

### ▪ **NI CANCER PILGRIMAGE TO LOURDES, Sun 28 May to Fri 2 June 2023**

- The price of £799 (with price reduction for Cancer Patients) will include: Return flights from Belfast International Airport, operated by Northern Star Travel Ltd. Full board and accommodation at the Hotel Agena in Lourdes for five nights based on twin/double/triple rooms. Service of JWT guides in Lourdes. The party will consist of patients, ex-patients, relatives

To see the fuller details please go to the parish website 'Parish Newsletter' and friends accompanied by medical, nursing and other staff. To enquire or to obtain a booking form please speak to a member of the committee on Tel. **07846 88388** or email [mail@nicancerpilgrimage.org.uk](mailto:mail@nicancerpilgrimage.org.uk)

### ▪ **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**

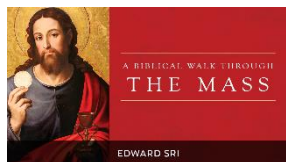
'There are children in crisis today in our local communities – children of all ages and all abilities. Can you spare an hour a day, an overnight or a weekend or more to make a difference in a child's life? If you can, then contact the Regional Fostering Team at [www.adoptionandfosteringcare.hscni.net](http://www.adoptionandfosteringcare.hscni.net)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

### • **Graduation Mass – QUB Catholic Chaplaincy**

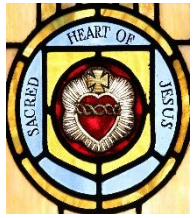
On **Thursday 1 June at 5.15pm**, the QUB Chaplaincy will host a Graduation Mass for the Class of 2023. Students, their families and friends, as well as staff and alumni are most welcome. This Mass will be the last special celebration before we close our doors and move to temporary accommodation whilst our landmark building on Elmwood Avenue undergoes major redevelopment. If the Chaplaincy holds special memories for you and you would like to experience it as-is for one last time, know that we would love to have you join us. Refreshments will be served afterwards. If you plan to come, it would be helpful if you could let us know by emailing [catholicchaplaincy@qub.ac.uk](mailto:catholicchaplaincy@qub.ac.uk)

### • **Lough Derg 2023**

The Living Church Office are organising a three-day pilgrimage to Lough Derg. The Pilgrimage will be led by Jim Deeds. Dates Friday 30<sup>th</sup> June – Sunday 2<sup>nd</sup> July 2023. Cost £90 includes luxury coach transfers. Bus departs 9am Friday 30<sup>th</sup> June from Glengall Street. Places are limited so early booking is recommended. Contact Claire Tel: 02890 690920 Email: [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org)



The Mass is nothing short of amazing. The words, the gestures, and the rituals of the Mass are rich in meaning. Everything we say and do in the Liturgy is steeped in biblical language. We invite you to join us for the programme, *A Biblical Walk Through the Mass (Edward Sri)*, where we will explore the roots of the words and gestures we experience at Mass and reflect on their profound significance. We hope that this fascinating tour of the Mass will renew your faith and deepen your love & devotion to the Holy Eucharist. This programme will be facilitated by Fr Paul Byrne and Aishling Steen beginning on **Monday 29<sup>th</sup> May @7pm for 5 weeks online via zoom**. To book your place please contact the Living Church Office at **02890690920** or e-mail [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org)



## 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.  
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.soulpardonmission.com](http://www.soulpardonmission.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