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.

Second Sunday in Ordinary Time, Year C – 19th JANUARY 2025





St. Malachy's Primary School are celebrating their 50th anniversary this year and will begin with a special Mass in St. Comgall's Church on **Monday 27**th **January 2025 at 11am**. Children from Y3-Y7 will be in attendance along with staff.

Past pupils and parents, ex-staff and members of the community are cordially invited to attend this Mass to help celebrate 50 years of service to the community in the Parish of Bangor.

ST COMGALL'S CHURCH DONAGHADEE

Sunday 19th January @ 9am Beginning of Catholic Schools week

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 18th January @ 6.30pm and Sunday 19th January @ 10am and 12noon

MASS TIMES NEXT WEEK:

Tuesday 21st, Thursday 23rd & Friday 24th January @ 9.30am

REQUIEM MASS - Monday 20th January @ 10am

GRANPARENT'S MASS

Wednesday 22nd January @ 10am

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

Baptisms are celebrated on Sundays @ 1.15pm

TO CELEBRATE THE JUBILEE OUR THEME FOR THIS YEARS RETREAT IS "WITNESSES OF HOPE"

DRUMALIS RETREAT CENTRE LARNE FRIDAY EVENING 17TH – SUNDAY 19TH JANUARY 2025

SPEAKER – FR DARREN BRENNANJoin us for the weekend or for a day

An opportunity to grow in faith together

To book a place contact Margaret on 07716 288811

Hosted by Down & Connor Charismatic Renewal

Committee



ST COMGALL'S PARISH CENTRE

Cuppa & Connect:

January

- *Sunday 19th Jan after 12md mass
- *Sunday 26th Jan after 10am mass

February

- *Sunday 2nd Feb after 12md mass
- *Saturday 8th Feb after 630pm mass

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.

You are warmly invited to the opening of this year's 4 Corners Festival with Dr Lorna Gold, Chair of the International Laudato Sì Movement.

In this 10th anniversary year of Pope Francis' Encyclical "*Laudato Sì*", Belfast is privileged to host **Lorna Gold**, Chair of the International Laudato Sì Movement, at the **4 Corners Festival** on **Sunday 2nd February** (7pm, Jennymount Methodist Church, 222 North Queen Street, BT15 3DH).

The 10th anniversary of Laudato Si' coincides with the Jubilee Year of Hope, making it an ideal moment to reflect on the urgent call to care for God's creation. In his letter of February 2022, Pope Francis said, "In the realization that all of us are pilgrims on this earth, which the Lord has charged us to till and keep (cf. Gen 2:15), may we never fail, in the course of our sojourn, to contemplate the beauty of creation and care for our common home It is my hope that the coming Jubilee Year will be celebrated and experienced with this intention too."

Drawing from her extensive experience as a climate activist, policy advisor, author and protagonist of the film, "**The Letter**", Lorna will explore the connections that bind us as a human family and our planet as a shared home. She will challenge and encourage us to take positive action for the wellbeing of future generations. The 4 Corners Festival is an annual celebration designed to inspire transformation across Belfast through events that promote peace, unity, and understanding. Let this talk be an opportunity to step out of our own corner, encounter fresh perspectives and be inspired to care for our common home.

Let's come together for a future of hope and justice. All are welcome!
Further info from info@jointhedotstogether.org
Register

here: https://www.tickettailor.com/events/4cornersfestival2/1489258

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	
[St Dympna's Room]	at 6.00pm to 8.30pm	[St Dympna's Room]	CLASS	
[,	[Main Hall]	[50 - 7.1	At 7pm to 8pm	
BADMINTON	[]	MENCAP	[St Dympna's Room]	
NOW WEEKLY at 8 to 9pm	SVP	Every fortnight at 6.00pm	[2012]	
[Main Hall]	at 7.30pm to 9.30pm	[Main/Minor Hall]	CEILI DANCING	
[riairi riair]	[St Dympna's Room]	[a,	at 8.15pm to 9.30pm	
	[St Dympha's Room]	FOLK GROUP	[Minor Hall]	
		AT 7pm	[Timer ridin]	
		[St Dympna's Room]		
		[3c Dympha's Room]		
		SENIOR CHOIR		
		At 7.30pm		
		[St Dympna's Room]		

Your prayers are requested for

Recently Deceased: Dolores Duffy, Pat McNally, Liam O'Sullivan (Dublin)

Month's Mind:

Anniversaries: Michael Jennings, Arhtur Watson, John Magennis, Angela McKee, Kathleen McManus, Phil Jones, Jim McDonagh, Owen & Peggy Rafferty, Maeve Campbell, Vincent Coulter, Harry Morrow

Vincents, the Saint Vincent de Paul charity shop in Kircubbin, would welcome donations of good quality men's, women's and children's clothes plus small (non-electrical) household items. If at any time you have such items to donate, please e-mail

kircubbin.vincents@svpni.co.uk giving details of the items for donation, your name, address and telephone number. We will then arrange to pick up the items at you home at a suitable time. Alternatively, you can drop off the items at the Vincents shop in Kircubbin during opening hours 10.00am to 4.00pm Monday to Saturday. Your donation will raise money to help people in need across the North Down and Ards area.

Al-Anon offering Family support for those affected by alcoholism

Dry January 2025

Local people, from all backgrounds are being urged to think about drinking and the effects on Families as we approach Dry January 2025. Al-Anon is launching a new campaign 'You are not alone!' during Dry January 2025 to encourage more people living with problem drinkers to find their local Al-Anon meeting.

In Northern Ireland there are 30 Al-Anon groups, and more than 700 Groups throughout the UK and the Republic of Ireland. They provide support to anyone whose life is, or has been affected by someone else drinking.

A spokesperson said 'Whatever your story, you can expect to be warmly welcomed, and not judged or pressurised in any way. Anything discussed within an Al-Anon meeting is treated as confidential, including your presence at the meeting.'

By attending Al-Anon Family Group meetings, individuals discover that they didn't cause the problem and cannot control or cure it. They also learn how best to cope with their situation by switching their focus from the alcoholic to themselves.

Whatever your relationship to the drinker, whatever your story, Al-Anon can help. We hold regular meetings where members share their own experience of living with alcoholism. Our Information Office, based in Belfast is opened from 10am – 1pm Monday to Friday; contact number 02890682368.

All meetings are listed on the website <u>www.al-anonuk.org.uk</u>, or you can call our Confidential Helpline on 02890682368 10am – 1pm or 6pm – 10pm daily.

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 077 325 13400

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 https://doi.org/10.1016/journal.com/ or Marie 10.1016/journal.com/ or Marie 10.1016/journal.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/				
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Accord NI Catholic Marriage Care Preparation Facilitators	ervice seeking Marriage			
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 If you have the enthusiasm to be part of the Accord team in su 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				