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

The Baptism of the Lord, Year B - 7th January 2024

Your prayers are requested for

Recently Deceased:

Christine Higgins Mary Cassidy Nuala Cooke Ann Gratt (Belfast)

Month's mind:

Gloria Sisom

Anniversaries:

Noel Kelly Brendan McDowell Margaret Devnney Christine Bonar (Donegal) Sean Daly Eddie Hamilton Dympna Lillie Shelia & Harry Currie Peggy Carroll Peter Doherty Joseph Donaghy Brendan Monaghan Kevin Grimley Arthur Watson Rose Davidson John & Miriam Ellis Michael Carlin

ST COMGALL'S CHURCH, DONAGHADEE Sunday 7th January @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 6th January @ 6.30pm and Sunday 7th January@ 10am & 12noon

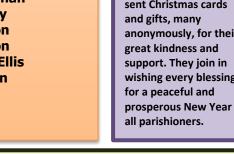
MASS TIMES FOR:

DAILY MASS NEXT WEEK 8th,10th,11th & 12th January @9.30am **REQUIEM MASS – 9th JANUARY @ 10am**

BAPTISM REGISTRATION

Please register online SIDE BAR under 'Baptism Registration'

Canons Whyte and Gunn, Deacon James and Sr Maura wish to thank most sincerely all the parishioners who sent Christmas cards anonymously, for their wishing every blessing prosperous New Year to



Right to Life UK

"As we begin this new year, we pray for all who may be considering an abortion. We pray that we will see a decrease in cases of abortion, and instead a year of increased support, both practical and emotional, from all of us in society, bettering the care for all expectant mothers. Lord hear us".



Image courtesy of Catholic online

St Comgall's Friendship group starts back on Tuesday 9th January 2024 in the Parish Centre after Daily Mass.

PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15 until 9.45pm	FRIENDSHIP CLUB at 10.00am	MENCAP Every fortnight at	St Comgall's Guide Unit	St Comgall's Ju- Jitsu Club
LECTIO DIVINA GROUP 7.30pm – 8.30pm [St Dympna's Room]	IRISH DANCING CLASSES at 6.00pm SENIOR CHOIR Starting 11 th October at 7.30pm	6.00pm BADMINTON Every fortnight at 8.00pm	(Girls aged 6-18) at 6.30pm IRISH CLASS & CEILI DANCING at 7.00pm	(Juniors 5-15yrs) 6-7pm (Seniors 16+yrs) 7-8pm

BOOKING OF PARISH CENTRE:Contact Thomas only on 07305 746 263 or Email: 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

Queen's University Catholic Chaplaincy - Alumni and Friends* Pilgrimage in the Footsteps of St Paul

Departing Dublin on 7 February 2024, the alumni and friends of the Catholic Chaplaincy at Queen's University will make pilgrimage to Greece and Malta over 10 days, following in the footsteps of Saint Paul. Our tour with Marian Pilgrimages will offer a profound journey through various significant locations associated with St Paul's life and missionary travels, among them Athens, Thessaloniki, Phillipi, Corinth and Valetta. Pilgrims can experience a profound connection to the apostle, his teachings, and the early Christian communities with which he is associated, while traversing these historically rich destinations. The pilgrimage is fully guided, with half-board accommodation in 4* hotels. The University Chaplain, Fr Dominic McGrattan, will provide spiritual direction and the Chaplaincy's Director of Sacred Music, Marcella Walsh, will animate liturgies with music and song. For more information and details on how to book, email Chaplaincy Director, Shannon Campbell, at catholicchaplaincy@qub.ac.uk *Please note, if you or a family member have studied at Queen's or served as a member of staff, know that we consider you among our alumni and friends.

Down and Connor Diocesan Pilgrimage to Fatima 2024

Spiritual Directors Fr G McCloskey, Fr M Graham, Canon S Gilmore

20 Aug 2024. 7 Nights £799 per person sharing (£100 off per person if paid in full by 8th December 2023) direct return flights from Dublin to Lisbon afternoon flights.

20KG bags included. Return airport transfers in Fatima. 7 Nights Hotel Avenida. Full board: breakfast, lunch & dinner each day. Guided tour of the Sanctuary & Basilica of Our Lady of the Rosary. Optional: Travel Insurance & Single Supplement.

For further information please contact: Joe Catney 07776 425 631/02890714001

FOSTERING RECRUITMENT EVENT – St.Comgall's Bangor Sunday 28th Jan 2024 11.30am – 2pm in the Parish Centre

Foster Care. During this season of Advent our minds become very focused on family, both our nuclear and extended family. The Holy Family no doubt experienced the same joys and struggles as any family, and as we prepare for Christmas and the feast of the Holy Family on 31st December, Bishop Donal asks for our assistance in promoting the option of Fostering in the Parish. There are many struggles within families which leads to children and young people needing foster care. During 11.30am Mass on the weekend of 14th January 2024 there will be staff from HSC NI Foster Care in our Church. A member of our Safeguarding Committee will read a short notice. The Foster Care staff will then visit the Parish Centre following Mass to speak with anyone who thinks they would like to learn more about fostering.

Stop two extreme abortion amendments

Pro-abortion MPs, Stella Creasy and Diana Johnson, have tabled two extreme abortion amendments in an attempt to hijack the Criminal Justice Bill.

Right To Life UK has launched a tool on its website that makes it easy for you to email your MP to ask them to oppose the two extreme abortion up to birth amendments and sign Early Day Motion 131 to stop abortion pills being sent out without an in-person medical appointment. Please visit https://righttolife.org.uk/abortionamendments to contact your MP now. It only takes 30 seconds.

The aim of the Bethany Group is to provide support to the bereaved. The Bethany Group may be contacted on the following number **07732 513 400**

Totus Tuus Magazine is a Catholic magazine, full of articles from Irish priests and laity, which aims to highlight the beauty and joy of our faith. It is going into its 7th year and is run by donations. If you haven't come across Totus Tuus Magazine and would like a free copy, please contact Fiona Kiely on 086 8760058.

The 2024 Pioneer calendar is available from Pioneer centres and from Central Office (01 805 4226). The calendar is designed to offer spiritual support to families which are being impacted by alcohol and addiction. The calendar is priced at €5. Further information from www.pioneerassociation.org/calendar

Looking for a New Year's Resolution? Why not begin the new year and learn how to read the Bible and better understand the fascinating events, figures and connections between the Old and New Testament. We invite you to gather each week for a time of teaching, discussion, and prayerful reflection as we journey through the bible timeline and better understand how we too are involved in the unfolding of God's plan of salvation history.

The Bible is at the heart of our faith and our relationship with God. Reading the Bible should bring us closer to Christ, but many people find it hard to even begin.

Why not begin with the Living Church office learning how to read the bible, understand it and so experience its life changing power.

Unlocking the Mystery of the Bible includes 8 weekly sessions. Course participants will receive a resource pack. The programme requires one hour of study per week.

Venue: Online via zoom

Beginning Wednesday 17th January @7pm online for 8 weeks.

The program will conclude with a Retreat Day on Saturday 23rd March 2024 Venue: Holy Rosary Parish Centre,

Belfast

Facilitators: Fr Paul Byrne & Aishling Steen

The cost of the program is £30

To book your place click on the registration link: https://forms.office.com/e/HTLtfTXUaD

Places are limited. Booking early is advised.

Living Church Office

Email: c.carmichael@downandconnor.org

Tel: 028 90690920

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)

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				