PARISH OF BANGOR, ARDS PENINSULA FAMILY OF PARISHES

Parish Priest: Very Rev Joseph Gunn St Comgall's Presbytery, 27 Brunswick Road, Bangor, Co Down, BT20 3DS
T: (028) 9146-5522 **Permanent Deacon**: Rev James McAllister **T:** 07751 851444
Email:bangor@downandconnor.org **Website**:www.bangorparish.com **Office Hours**: Mon-Fri 10am to 1pm.

Thirty-Second Sunday in Ordinary Time, Year A – 08 November 2026

Your prayers are requested for:

Recently Deceased:

Elizabeth (Lily) O'Halloran
Eileen Hughes

Month's Mind:

Peter Harvey
Margaret Reilly Millington

Anniversaries:

Anne Duffin
Anne & Frank Harrington
Frank Rice
Willem Kane
Michael Caville
Freda Devlin
Veronica Arthurs
Mary Coulter
Agnes Kane
Catherine, Patrick & Maureen Reilly
John & Rita Finlay

MASS TIMES NEXT WEEK

DAILY MASS:

Monday 09 – Friday 13 November2026 @ 9.30am

ST COMGALL'S CHURCH DONAGHADEE

Sunday 15 November 2026 @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 14 November @ 6.30pm
Sunday 15 November @ 10am & 12noon

BAPTISMS

Please register online SIDE BAR under Baptism registration
Baptisms are celebrated on Sundays @ 1.15pm

The Society of St Vincent De Paul

Annual Christmas Lunch for the pensioners of the Parish

is to be held in

St Comgall's Parish Centre

On

Sunday 6th of December 2026 at 2pm

Should you wish to attend please contact:

The SVP Helpline **07703 679384** or
Ann 07969 555925
by 15th November 2026

There is no charge and lifts to and from the lunch can be provided if required

Service of Remembrance



Sunday 15 November 2026
St Comgall's Church Bangor
5pm

PARISH CENTRE – PARISH GROUPS 2026

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15pm until 9.45pm [Minor Hall] **LECTIO DIVINA GROUP** 7.30pm – 8.30pm [St Dympna's Room] **BADMINTON** NOW WEEKLY at 8 to 9pm [Main Hall]	**FRIENDSHIP CLUB** at 10.30am [Minor Hall] **IRISH DANCING CLASSES** at 6.00pm to 8.30pm [Main Hall] **SVP** at 7.30pm to 9.30pm [St Dympna's Room]	**MEDITATION GROUP** at 12pm to 1.30pm [St Dympna's Room] **FOLK GROUP** AT 6.30 -7.30pm [St Dympna's Room] **SENIOR CHOIR** At 7.30pm [St Dympna's Room] **YOUTH CLUB** AT 6.30 -8.30pm [Main Hall]	**St Comgall's Guide Unit** (Girls aged 6-18) at 6.15pm to 8pm [Main/Minor Hall] **IRISH LANGUAGE CLASS** At 7pm to 8pm [St Dympna's Room] **CEILI DANCING** at 8.15pm to 9.30pm [Minor Hall]	**Ju-Jitsu Club** (Juniors 5-15yrs) 6-7pm [Main Hall] **Discussion Group** At 7.30pm – 9pm [St. Dympna's Room]

Cuppa & Connect

Cuppa & Connect will take place right after 10am Mass on Sunday 08 November.
All welcome.
We welcome volunteers to assist at Cuppa & Connect

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St Comgall's Men's Friendship Group

We had a great response at the information meeting for the new Men's Group - 24 men attended plus 4 others are interested but couldn't be there due to various reasons.
*The meeting was very positive. Going forward Wednesday mornings will be the preferred meeting day and we have agreed to meet again on the **18th of November**. There is a very definite need for the Men's Friendship Group. It was heart-warming to see the level of very genuine interest in getting the group up and running.*
So watch this space for more information!

Discussion Group

The next meeting of the Discussion Group is on **Friday 13 November at 7.30pm** in St Dympna's Room.
The topic for discussion is: *JESUS THE BRIDEGROOM***.**
If you would like to deepen your understanding of the Faith, why not come along for a friendly discussion.
All are welcome

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Columbanus Festival

The Columbanus Festival will take place in Bangor on Saturday 21st and Sunday 22nd November 2026.
The Columbanus Ecumenical Service on Sunday 22nd November will be held in St Comgall's Church, Brunswick Road, Bangor. We are delighted that Sister Ann Gray from the Columban Missionaries will be our guest speaker. People attending are encouraged to bring a Christmas food gift or other grocery item which will be donated to a local food bank for those who are in need.

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History of St Comgall's Catholic Parish & School, Bangor

There are still copies available in Thomas' Shop, the Presbytery and North Down Museum. The book would make a good Christmas present for anyone interested in local and parish history.
Profits donated to St Vincent de Paul.

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Bangor Conference 07703679384
(covering Bangor West, Clandeboye/Newtownards Road area, Kilcooley, Helens Bay and Crawfordsburn)
Ballyholme/Donaghadee Conference 07703679389. (covering Bangor city centre, Bangor East/Ballyholme, Balloo/Bloomfield Road area, Groomsport, Donaghadee and Millisle

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	