

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

26th Sunday, Year A – 8th October 2023

Your prayers are requested for

Recently Deceased:

Gemma Patricia Haggan

Month's Mind:

Anniversaries:

Hugh Leslie
Michael & Rosalind McWilliams
Liam McDonnell
Agnes Fox
Rose Donaghy
Frances Doherty
Terence Mulligan
Hugh McPoland
Sean McKenna

[ST COMGALL'S CHURCH, DONAGHADEE](#)

Sunday 8th October 2023 @ 9.00am
Prayer Service led by Deacon James McAllister

[ST COMGALL'S CHURCH BRUNSWICK ROAD](#)

Saturday 7th October @ 6.30pm and
Sunday 8th October @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK 9th -13th Oct 2023

Morning Mass: Tues to Thurs @9.30am

Friday - no mass

Requiem Mass: Monday at 10.30am

BAPTISM REGISTRATION

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

November Dead List

In the month of November, we remember all our dead. You are invited to include the names of all those deceased friends and relatives whom you wish to have remembered in all the names offered in November for all those on the dead lists by Canon Gunn.

Envelopes can be found at the back of the Church and at the Exit doors. Completed lists should be placed in the November Dead box in the Exit porch. They will then be opened and the lists placed on the altar.

RIGHT TO LIFE UK

"Let us pray for all those in hospices, that they may receive the appropriate palliative care to ease any physical pain, and the psychological and spiritual care to relieve their mind and soul. Lord hear us".



Precious Life
because every life is precious

Rally for their Lives -
Please join us for this most important Life Chain at Belfast City Hall on Saturday 21st October at 2.00pm to stand for the protection of babies in the womb. For more information contact Precious Life on 02890278484 /07592280522.

First Penance and Holy Communion classes for children not attending the parish schools

The classes will begin in the parish centre on **Sunday 5th November at 11am** for preparation of the sacraments. Parents are asked to contact the parish office with their details. The classes are open to children in P4 and older and a parent/guardian is requested to attend with their child. Enrolments closing date is **Thurs 26th October 2023**

Deacon James invites you to a candlelit hour of adoration, quiet prayer and reflection with Taizé chant. In St.Comgall's Church, Brunswick Road, Bangor Thursday 19th October from 7:30pm to 8:30pm

PARISH CENTRE – PARISH GROUPS 2023

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

Calling all Lectors, Eucharistic Ministers and Extraordinary Ministers of the Eucharist Save the Date – Saturday 14th October 2023

A day of training and reflection for those involved in the above ministries within our pastoral area has been planned for the given date. The event will take place in **St Colmcille’s Hollywood**. All those who have attended similar events in the past have found them to be very beneficial to their role and also most enjoyable. The event is for those of us who are well established in the roles and also for people new to these ministries within their parish. Further details will be provided nearer to the date, but in the meantime, please keep the date free to ensure a good turnout.

St Columbanus Posts

The College requires a temporary suitably qualified/experienced person for a vacancy in the College's front office. If you are interested in this temporary position, then please forward any enquiries and your CV to the College's Bursar at gmcaleer953@c2ken.net

'The College is updating its register of temporary Classroom Assistants for the current academic year 2023/2024. As a College, we are keen to have a list of suitably qualified Classroom Assistants who are available should there be staff illness or if temporary positions arise at short notice throughout this academic year. If you feel you have the correct qualifications/experience and would like to be considered for any short/long term positions as/if they arise during this academic year please send your CV and availability to the College's SENCO Mrs K Doyle at kdoyle791@c2ken.net or the College's Bursar Mr G McAleer at gmcaleer953@c2ken.net

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HOLY HOUR – DONAGAHDEE

Sunday 15th October 2023 starting at 2.45pm. Everyone welcome.

St.Comgall's Ju-Jitsu Club

JU-JITSU IS SO MUCH MORE THAN PUNCHING AND KICKING ... GET FIT, LEARN SELF DEFENCE, BUILD CONFIDENCE AND HAVE FUN! CLUB INSTRUCTORS - Colum Jordan 7th Dan & Scott Jordan 1st Dan.

Places will be limited and are offered on a first come first served basis.To book a place contact: Colum Jordan

T.07970143611 colum.jordan@icloud.com

St.Comgall's Ju-Jitsu Club is a World Ju-Jitsu Federation Club registered by Sport N.I.

For information about our organisation visit; www.jujitsuireland.com

TROCAIRE

The Trocaire team wish to thank the many parishioners who supported our coffee morning in aid of the victims of the recent disasters in Morocco and Libya.

We raised a fantastic **£1,785** and a special donation was offered in memory of Colette Orr.

Our Christmas Trocaire will take place on **Sunday 26th November**

[Marriage Enrichment Weekend, 10 – 12 November 2023, Co. Kildare:](http://www.marriageencounter.ie/marriage-encounter-weekend) an opportunity to energise communication and romance in your marriage! Visit: www.marriageencounter.ie/marriage-encounter-weekend

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)

OTHER NOTICES:

▪ **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://rotharroutes.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 or on 0800 0720 137....remember ,every child is just one caring adult away from success'.



8th Sunday in Ordinary Time, Year A – 26th 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,

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.

and unite myself wholly to you.
 Never permit me to be separated from you.
 Amen.
composed by Saint Alphonsus Liguori

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

October/November 2023	
Saturday 07 October Our Lady of the Rosary	Wednesday 01 November All Saints
Monday 16 October St Gall	Thursday 02 November All Souls
Sunday 22 October Mission Sunday	Friday 03 November St Malachy
	Sunday 05 November Prisoners Sunday
	Sunday 19 November World Day of the Poor
	Tuesday 21 November The Presentation of the Blessed Virgin Mary
	Thursday 23 November St Columbanus