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.

Twenty-Third Sunday in Ordinary Time, Year B – 8th September 2024

Your prayers are requested for

Recently Deceased:

Anniversaries:

Con Naylor Angela Patricia Coan
Mark Miller John McAlinden
John Victor Finlay Harry Shields
Emmanuel Shields Jose Kaduppil
Mary Ellen McGeough Rosaleen Gibson

Sunday 9am MASS SCHEDULE SEPT – St. Comgall's DONAGHADEE

OCT - MHR BALLYHOLME

NOV - St. Comgall's DONAGHADEE

DEC – MHR BALLYHOLME

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 8th September @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 31st August @ 6.30pm and Sunday 8th September @ 10am and 12noon

MASS TIMES NEXT WEEK:

DAILY MASS NEXT WEEK 9th – 13th September 2024 @9.30am

BAPTISM REGISTRATION

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

Ards CCE Traditional Music Classes

Music classes for all instruments in St Columbanus College on Sunday afternoons commencing 22nd September.

All levels including total beginners.

More information from Niall McClean 07960 072218

HOMECOMING PARTY for ALL IRELAND CHAMPIONS Cabhan & Seamus

Sunday 15th September IMPERIAL BAR FUNCTION ROOM 2 -5PM

ALL WELCOME



Columban Way Walk for Peace, Healing and Wellbeing

21 September 2024

Parishioners are invited to take part in a Columban Way Walk on Saturday 21 September to join two core walkers who will have walked 361 miles from Mt Leinster in Co Carlow.

The 4.5 mile walk will start from Helen's Bay Car Park at 3.00pm and join the North Down Coastal Path and finish at Bangor Abbey around 4.15pm.

Walkers must register for the walk on www.visitardsandnorthdown.com website. Tickets cost £5 and include a Columban Way Passport and a Columban Way Certificate. Registered walkers should arrive at 2.30pm at Helen's Bay to get checked in. Please wear appropriate footwear and clothing.

After arriving at Bangor Abbey, participants are invited to attend a welcome with light refreshments at St Comgall's Parish Centre on Brunswick Road where they can collect their certificate and make a donation to the Bangor North Down Samaritans Charity.

For further information on the walk, please visit www.friendsofcolumbanusbangor.co.uk

PARISH CENTRE - PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB	FRIENDSHIP CLUB	MEDITATION GROUP	St Comgall's Guide Unit	St Comgall's Ju-
at 7.15pm until 9.45pm	at 10.00am	at 12pm to 1.30pm	(Girls aged 6-18)	Jitsu Club
[Minor Hall]	[Minor Hall]	[St Dympna's Room]	at 6.15pm to 8pm [Main/Minor Hall]	(Juniors 5-15yrs) 6-7pm
LECTIO DIVINA GROUP	IRISH DANCING	MENCAP		[Main Hall]
7.30pm – 8.30pm	CLASSES	Every fortnight at 6.00pm	IRISH LANGUAGE	
[St Dympna's Room]	at 6.00pm to 8.30pm	[Main/Minor Hall]	CLASS	
- , ,	[Main Hall]		At 7pm to 8pm	
BADMINTON		FOLK GROUP	[St Dympna's Room]	
NOW WEEKLY at 8 to 9pm	SVP	AT 7pm		
[Main Hall]	at 7.30pm to 9.30pm	[St Dympna's Room]	CEILI DANCING	
	[St Dympna's Room]		at 8.15pm to 9.30pm	
		SENIOR CHOIR	[Minor Hall]	
		At 7.30pm		
		[St Dympna's Room]		

UNTIL FURTHER NOTICE THERE WILL BE NO NEW PARISH CENTRE BOOKINGS

PARISH CENTRE COMMITTEE

Further expressions of interest from more volunteers are urgently needed to renew the Parish Centre Committee which supervises the running of this vital parish resource. Please contact Canon Gunn leaving your name, telephone number or an email address.

The Legion of Mary, the Knights of Saint Columbanus and Youth 2000 present Our Lady's Rosary Festival from Saturday 5 October to Sunday 13 October 2024 with 7 events in different venues. All details can be found at belfastrosaryfestival.com or at 07955386288

The Festival ends with the 21st Annual Rosary Procession from St. John's Church to St Peter's Cathedral commencing at 2:30pm on Sunday 13 October.

Special Belfast Pilgrimage (Limited availability) to Fatima EX Dublin <u>Easter 2025</u>, Flying with TAP airlines, Also 13th June 2025 for Feast of Saint Anthony, 13th October 2025 for Miracle of Sun Contact James Treacy 00353 61921470 <u>jamestreacyphotography@gmail.com</u> Payment by instalments acceptable LAST REMAINING SEATS

Parish Lectio Divina group will restart on Monday the 9th of September in St Dympna's room of the Parish Centre at 7.30 pm. All are welcome. "Your words are spirit, Lord, and they are life: you have the message of eternal life."

Come, set your hearts on fire with His Word. Reflecting, sharing, praying and contemplating, guided by the Holy Spirit!

Come, set your nearts on fire with His word. Reflecting, snaring, praying and contemplating, guided by the Holy Spirit! For more info call Derek 07549362907.

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**

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/				

Accord NI Catholic Marriage Care Service seeking Marriage				
Preparation Facilitators				
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 Church				
 If you have the enthusiasm to be part of the Accord team in supporting couples who 				
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				
www.accordni.com				

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				