### 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.

#### First Sunday of Lent , Year C – 9th March 2025

<u>Easter Duty - every Catholic is required under pain of sin to receive Holy Communion worthily once between Ash</u> <u>Wednesday and the Feast of the Blessed Trinity</u>

#### Your prayers are requested for

#### **Recently Deceased:**

SARAH (SALLY) FEARON

#### Month's Mind:

#### **Anniversaries:**

MAY & MAURA MCLAUGHLIN
MOLLY COYLE
SAM MCCALLUM
NAN ROUSE
PADDY ROUSE
ALICE DONAGHY
JIM REILLY
ASHLEEN MAGILL
PATRICK (PADDY) MCGROGAN
PETER KANG YU YAN
PATRICK LINFHAN

#### St COMGALL'S CHURCH DONAGAHADEE

Sunday 9th March @ 9am

#### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 8th March @ 6.30pm and Sunday 9th March @ 10am and 12noon

#### **MASS TIMES NEXT WEEK:**

DAILY MASS: Monday 10<sup>th</sup> – 14<sup>th</sup> March @ 9.30am

Deacon James will lead the monthly candle-lit hour of adoration with Taize Chant and Benediction on **Tuesday 11th March from 7:30 - 8:30pm** in Our Lady of the Visitation Church Comber.

This will be the last for this winter season until October. Many thanks to all who have contributed to the success of the service over the winter and please God we can continue from October onwards.

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

Baptisms are celebrated on Sundays @ 1.15pm

#### **DISCUSSION GROUP**

The next meeting of the discussion group will be on Friday 14<sup>th</sup> March 2025 in St Dympna's room from 7:30pm – 9pm.

The topic for this meeting is: "The Church – God's Plan of Salvation".

Everyone is welcome

## ST COMGALL'S PARISH CENTRE

#### Cuppa & Connect:

- \*Sunday 09th March after 12md mass
- \*Sunday 16th March No Cuppa & Connect -St.Patrick's weekend
- \*Sunday 23rd March after 12md mass
- \*Sunday 30th March No Cuppa & Connect Mothering Sunday

Easter Family Ceili Saturday 12th April @5pm - All welcome for an evening of fun, dancing, light supper and craic. Easter treats for all children

New Defibrillator has been installed & is located on the right hand wall to the main entrance of our Parish Centre.

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.

#### **CHURCH ENVELOPES 25/26**

Envelopes are available for collection in the foyer of St Comgall's Church Bangor.

If your envelopes are missing or if you would like to register for envelopes, please leave your name, address and contact number on the sheets provided.

If you use envelopes and are a UK taxpayer, we'd politely encourage you to complete and return a Gift Aid Declaration Form to the Parish Office. Thank you if you already do this. If you'd like to Gift Aid your donation please pick up a form for completion and return.

#### **Calling future Altar Servers**

"Altar servers play a most important role in the churches liturgy.

Good servers enable us all, bishops, priests, deacons and the lay faithful, to celebrate Mass and the other Sacraments with a spirit of prayer.

This means that altar servers too, should be prayerful people."(+ Basil Hume)

We in the parish are looking to build on our team of servers and so Deacon James will be hosting a meeting and a first training session on Thursday 13th March at 3pm in St Comgall's Church, Brunswick Road. Boys and girls who may wish to come forward should be from P5 upwards. Please contact the parish office leaving your name and number and the name of the child who is interested in becoming an altar server.

#### **PARISH CENTRE - PARISH GROUPS 2025**

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	Discussion Group
[St Dympna's Room]	at 6.00pm to 8.30pm	[St Dympna's Room]	CLASS	At 7.30pm – 9pm
[50 27pa 5 1.06]	[Main Hall]	[colonial colonial	At 7pm to 8pm	[St.Dympna's Room]
BADMINTON	[]	MENCAP	[St Dympna's Room]	[out /p.i.d o it com]
NOW WEEKLY at 8 to 9pm	SVP	Every fortnight at 6.00pm	[50 27p.i.d 5 1.05]	
[Main Hall]	at 7.30pm to 9.30pm	[Main/Minor Hall]	CEILI DANCING	
[Maii Haii]	[St Dympna's Room]	[ I daily line ridii]	at 8.15pm to 9.30pm	
	[St Dympha's Room]	FOLK GROUP	[Minor Hall]	
		AT 7pm	[Timor rian]	
		[St Dympna's Room]		
		[St Dympha's Room]		
		SENIOR CHOIR		
		At 7.30pm		
	1	[St Dympna's Room]		

Parishioners are advised the parish centre will be closed on MONDAY 17TH MARCH 2025

There will be a collection outside the church after each mass on St Patrick's Day for the promotion of the Irish Language in the community. Go raibh maith agat

Cap On The Wall will be putting on 2 sensational shows of Irish music song and dance, with special guests, all Ireland champions and lead dancer from riverdance, Lauren Smyth.

#### Sat 15th March St Patrick's hall Newtownards

#### Sunday 16 March St Comgall's Parish Centre Bangor.

Tickets £10 from Thomas shop Brunswick road Bangor or on Eventbrite.

Both shows will have licensed bars and fabulous ballots. Stew also available at the Ards show.

#### Step forward as a *Pilgrim of Hope* this Lent!

As we journey through the Jubilee Year, Pope Francis invites us to be Pilgrims of Hope – people who walk in faith, supporting one another and deepening our relationship with Christ. We invite you to join us for our Lenten program, *Pilgrim Hearts – Walking in the steps of Jesus this Lent*, a 6 week Lenten journey inspired by the Sunday gospels and the lives of the Irish saints who embraced faith in times of challenge. From St Patrick's prayers on the mountain to St Brigid's acts of compassion, their lives remind us that holiness is lived in simple, everyday choices. They were the great heralds of the Christian faith in Ireland.

Evangelisation begins with an invitation! Who in your life might need this journey? Invite a friend, a family member, or someone who perhaps has been away from Church for a while. Your invitation could be the start of their pilgrimage of hope.

All are welcome! For more details contact the parish office or Derek on the number below.

Venue: Most Holy Redeemer, Ballyholme

Date: Sundays during Lent, 9th, 16th, 23rd, 30th March, 6th & 13th April

Time: 5pm to 6.30pm

Contact person: Derek 075 4936 2907

Please visit the Parish website for the course resources.

There is a very interesting basic course (6 video presentations) on the Bible which is being offered on line by the Tarsus Scripture School free of charge.(tarsusscriptureschool.ie). The talks are very interesting and clear. It is offered as a service to the Church in Ireland, interested individuals and parishes, and has already a huge number of people tuning in.

#### St. Patrick's Community Centre, Portaferry

St Patrick's Community Centre, Portaferry invites you to TAYLOR NI, A Tribute to Taylor Swift, on Friday 14th March 2025 at 7.00 pm. Tickets can be purchased through Ticket Taylor https://buytickets.at/stpatrickscommunitycentreportaferry/1584412.

Tickets are £10.00. Children under 11 must be accompanied by a paying adult. Hurry! Tickets are going quickly!

Interested in Social Dancing lessons? Text your name and the word DANCE to 07542530006.

#### 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)

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 <a href="https://towardspeace.ie/">https://towardspeace.ie/</a>
******************************
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.
<ul> <li>If you have a positive attitude towards marriage in the Catholic Church</li> <li>If you have the enthusiasm to be part of the Accord team in supporting couples who are preparing for the Sacrament of Marriage</li> <li>Accord wants to hear from you!</li> </ul>
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... <a href="www.soulparemission.com">www.soulparemission.com</a> <a href="www.soulparemission.com">Who are we</a>? We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director living in Down and Connor. <a href="www.soulparemission.com">What's on offer?</a>? 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				