

# 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](http://www.bangorparish.com) Office Hours: Mon-Fri 10am to 1pm.

PARISH NEWSLETTER

## 23rd Sunday, Year A – 10<sup>th</sup> September 2023

Your prayers are requested for

### Recently Deceased:

Paula Rice *nee* Gillespie

### Month's Mind:

### Anniversaries:

Con Naylor  
Patricia Small  
Harry Shields  
Emmanuel Shields  
Gerry (John) MacNamara  
John McAlinden  
Michael O'Neill

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 10th September 2023 @ 9.00am  
Eucharistic Service led by Deacon James McAlister

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 9th September @ 6.30pm and  
Sunday 10<sup>th</sup> September @ 10am & 12noon

### MASS TIMES FOR:

### DAILY MASS NEXT WEEK 11th – 15<sup>th</sup> Sept 2023

Morning Mass: Tuesday - Thursday @ 9.30am  
Eucharistic Service led by Deacon James McAlister Friday @ 9.30am  
Requiem Mass: Monday @ 10am

### BAPTISM REGISTRATION

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

St John's Church  
470 Falls Road  
Belfast BT12 6EN



St John's parish will host a short ecumenical service on Sunday 10th September at 7pm to mark World Suicide Prevention Day 2023. An open invitation is extended to everyone to come and spend some time in prayer and quiet reflection as we remember together all those who have died by suicide.

There will be an opportunity to light a candle in memory of those who have died and to pray with and for those grieving the loss of a loved one.

If you have been affected by suicide in any way, know that you are most welcome. Please feel free to bring along a framed photo of a loved one lost to suicide to place on the table in front of the altar.

A member of the suicide awareness charity Papyrus will be on hand to provide support and resources. Refreshments will be available.



 World Suicide Prevention Day  
Creating Hope Through Action

7pm Sunday 10th September 2023

### CURRENT VACANCIES

St. Comgall's  
Pre School Leader in  
Charge

&

Parish Centre Cleaner  
(8hrs per wk flexible)

Application packs  
available from the Parish  
Office or via email request

## GROWTH IN PRAYER AND REFLECTIVE LIVING

ONE-YEAR PROGRAMME FOR THOSE WHO WANT A CLOSER RELATIONSHIP WITH GOD

Living out faith isn't easy against the backdrop of our fast-paced, noisy and instantaneous culture. The **Growth in Prayer and Reflective Living** course will give you the tools and space to become attuned to God's voice in the midst of the clamour.



20 Monday evenings, via zoom, beginning on Monday 18th September 7.15–9.15pm. For further details on dates and fees, telephone 02828 272196 during office hours or email [katrina@drumalis.co.uk](mailto:katrina@drumalis.co.uk).

### 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.

### PCF Update

At a meeting of the Parish Finance Committee Monday 4<sup>th</sup> September the state of Most Holy Redeemer was reviewed. The estimate which we received is very high and we have stripped out items which are considered non-essential. A roofer has been approached to repair the rest of the roof. An electrician has been approached for the electrics. Our aim remains to reopen Most Holy Redeemer church as soon as possible.

**PARISH CENTRE – PARISH GROUPS 2023**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>
<b>BRIDGE CLUB</b> at 7.15 until 9.45pm  <b>LECTIO DIVINA GROUP</b> 7.30pm – 8.30pm [St Dymrna's Room]	<b>FRIENDSHIP CLUB</b> at 10.00am  <b>IRISH DANCING CLASSES</b> at 6.00pm  <b>SENIOR CHOIR</b> Starting 11 <sup>th</sup> October at 7.30pm	<b>MENCAP</b> Every fortnight at 6.00pm  <b>BADMINTON</b> Every fortnight at 8.00pm	<b>St Comgall's Guide Unit</b> (Girls aged 6-18) at 6.30pm  <b>IRISH CLASS &amp; CEILI DANCING</b> at 7.00pm

**BOOKING OF PARISH CENTRE:** Contact Thomas on 07305 746 263 or Email: [mcmullanthomas481@gmail.com](mailto: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](mailto:bangor@downandconnor.org)**

**BRIDGE CLUB** will recommence on **Monday 4<sup>th</sup> September at 7.15pm**  
**FRIENDSHIP CLUB** will recommence on **Tuesday 5<sup>th</sup> September at 10am**

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*Walk with singer-songwriter Dana in the footsteps of St Patrick with pilgrim guides Martina Purdy and Elaine Kelly on September 23rd. Dana has just written a new song Light the Fire for St Patrick. Begin the six-mile camino adventure at the Saint Patrick Centre, Downpatrick with IMAX film about St Patrick, take guided river walk to ruins of 12th Century Inch Abbey, and then journey to Saul to visit the site of Patrick's first church & his grave, Down Cathedral. Bus transfers, pilgrim passport & lunch included is £45. Book The Saint Patrick Centre 02844 619000 [www.saintpatrickcentre.com](http://www.saintpatrickcentre.com)*  
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The loss of a partner through death, separation or divorce is devastating. Beginning Experience is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast on three Saturdays (September 30th; October 28th and November 25th 2023) Booking essential. To find out more, contact Marie on [07896119669](tel:07896119669) or email [belfastbe@yahoo.com](mailto:belfastbe@yahoo.com)  
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**Unlocking the Mystery of the Bible**

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 to learn how to read the bible, understand it and so experience its life changing power. Unlocking the Mystery of the Bible is an 8-week programme. Course participants will receive a resource pack and gather online for a time of teaching, discussion, and prayerful reflection. The program will conclude with a Retreat Day. Venue: Holy Rosary Parish Centre, 503 Ormeau Road, Belfast BT7 3GR Date: Saturday 18th November 10:00am - 4:00 pm. Beginning: **Monday 18th September for 8 weeks.** Online Via Zoom  
 Facilitators: Aishling Steen & Fr Paul Byrne from the Living Church Office.  
 For further information or to book your place please contact [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org) or Tel: 028 90690920  
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**Children's Liturgy of The Word Training Day**

The Living Church Office is offering a training day for those who wish to facilitate Children's Liturgy of The Word in their parish. The training will provide skills and resources to help animate and break open The Word of God in a child friendly way. The course would also be a perfect refresher day for those currently involved in Children's Liturgy of The Word.

Places on the course are limited so early booking is advised. To book your place click on the link below.

<https://forms.office.com/e/EDiSjK9Vg1>

For more information contact Claire at the Living Church Office Email: [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org)

Call: 028 90690920  
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**Tobar Mhuire Retreat Centre**

We continue our series of conversations in Tobar Mhuire in which people share their experience of life, faith and finding hope in their lives. Our next conversation will be on Wednesday 20th September at 7pm with Rev Bill Shaw from the Duncairn Centre, Belfast, who will share his experience in peace and reconciliation. All welcome. Voluntary donation.  
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**The Totus Tuus Men for Christ Conference 2023** - a Catholic Conference for Men will be LIVE & EXCLUSIVE on Radio Maria Ireland **Saturday 16th September** from 2pm. Speakers for this year's Conference are **Fr. Billy Swan, Fr. Chris Hayden, Anthony Crosse & Fr. John Harris OP**  
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**Parish Lectio group** starts back on Monday the 4<sup>th</sup> Sept, 7.30pm in St Dymrna's room of the parish centre. All very welcome. A prayerful way to get to know and love the Living Word of God.  
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Ceili classes begin on Thursday 14th September at 8.15 pm to 9.30 pm . Beginners will be very welcome.  
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Copies of the 2022 Financial Summary are available in the church or the parish office

**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)

# Saint Luke's and Nativity Parish Offices



**From Wednesday 17<sup>th</sup> May 2023, the Parish Office for both St Luke's & Nativity Parishes will be re-located to St Luke's Church, Twinbrook, BT17 0RP  
*(From that date, Nativity Presbytery, Bell Steel Road, will no longer serve as a Parish Office***

**The telephone number for the re-located Parish Office (both St Luke's & Nativity) and St Luke's Presbytery will be**

028 90 625739

*(the former St Luke's number 02890 619459) will no longer be in use)*

**The Parish Office opening hours will be the following:**

**Monday, Tuesday, Thursday and Friday 10am-1pm)**

**Email addresses will remain the same.**

[stlukes@downandconnor.org](mailto:stlukes@downandconnor.org)

[nativity@downandconnor.org](mailto:nativity@downandconnor.org)

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## **Unused bicycles for charity**

The Rotary Club of North Down supports a Belfast charity, Bike Aid Africa, which collects second hand bicycles of all sizes, repairs and refurbishes them and then forwards them to a country in Africa for use by people of all ages as their only means of transport, e.g. to get to work or go to school. At the end of June, it will be sending a container of bicycles to Madagascar. If anyone has a bicycle no longer in use, please phone Greg McCourt on 07774672445 who will be pleased to collect it and delivery it to this worthy charity.

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## **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](http://www.adoptionandfosteringcare.hscni.net) or on 0800 0720 137....remember ,every child is just one caring adult away from success'.



## **8<sup>th</sup> Sunday in Ordinary Time, Year A – 26<sup>th</sup> 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,  
and unite myself wholly to you.

### **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.

Never permit me to be separated from you.  
Amen.  
*composed by Saint Alphonsus Liguori*

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](http://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

### MAY/JUNE 2023

**Wednesday 10 May**

Saint Comgall, Abbot of Bangor

**Sunday 21 May**

The Ascension of the Lord

**Wednesday 24 May**

Day of Prayer for the Church in China

**Sunday 28 May**

Pentecost Sunday

**Monday 29 May**

The Blessed Virgin Mary, Mother of the Church

**Wednesday 31 May**

The Visitation of the Blessed Virgin Mary

**Sunday 4 June**

The Most Holy Trinity

**Friday 9 June**

St Columba

**Sunday 11 June**

Corpus Christi

**Saturday 17 June**

The Immaculate Heart of Mary

**Sunday 18 June**

Collection for Peter's Pence

**Saturday 24 June**

The Nativity of St John the Baptist