

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

19th Sunday, Year A – 13th August 2023

Your prayers are requested for

Recently Deceased:

Sue Gallienne
Mary Boles
Brendan (Barney) McMullan

Month's Mind:

Margaret Napier

Anniversaries:

Paddy Healy Fr Tom Gartlan
Sr Elizabeth McKeown
Patrick Larkin Sarah Campbell
Pat Campbell Kath Kelly
Kieran Murray Archie Walls
Mary Hudson Letty O'Reilly
Dorothy & Jimmy McTustray

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 13th August 2023 @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 12th August @ 6.30pm and
Sunday 13th August @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK 14th – 18th August 2023

Morning Mass: Monday - Friday @ 9.30am
Requiem Mass: Monday @ 9.30am Donaghadee
Requiem Mass: Wednesday @ 10am Brunswick Road
The Assumption of the Blessed Virgin Mary:
Tuesday 9.30am, 1pm & 7.30pm

BAPTISM REGISTRATION

Please register online SIDE BAR under 'Baptism Registration'

Youth 200 Summer Festival

Join young people between 16 and 35 this August at the **Youth 2000 Summer Festival**. The festival takes place in Clongowes Wood College, Clane, Co Kildare from **Thursday 10th August to Sunday 13th August 2023**. The festival includes inspiring talks, music, prayer, concert, workshops, dramas, share groups, reconciliation and healing service and Mass. Donation only and we have buses going from all over Ireland. For more information and to book your place go to www.youth2000.ie

One Day Lough Derg Pilgrimage Saturday 23rd September 2023

The Living Church Office are organising a one-day pilgrimage to Lough Derg as this is a One Day Retreat, fasting and walking barefooted is not required. Cost £55 includes luxury coach transfers, tea, coffee & scones on arrival, retreat day, light lunch, concluding with celebration of the Eucharist. Bus departs 7am From St Patrick's Church, Donegall Street. Places are limited so early booking is recommended. Contact Claire Tel: 02890 690920 Email: livingchurch@downandconnor.org

Right to Life UK

"As we celebrate the Solemnity of the Assumption of the Blessed Virgin Mary this coming Tuesday, let us pray to imitate Our Lady's spirit of welcome and charity, especially at the announcement of a new pregnancy. Lord hear us".

LOUGH DERG

2023 Pilgrimage Season



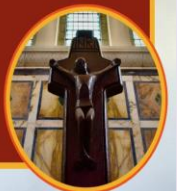
Living Church, Belfast
One Day Retreat

Saturday 23rd September 2023

Cost £55
Includes: Return Coach
Tea, Coffee & Scones on Arrival
Light Lunch
Retreat Day - Concluding with Mass

For information & bookings contact:

Claire Carmichael
Tel: 028 90690920
Email: livingchurch@downandconnor.org



Sanctuary of Saint Patrick, Pettigo, County Donegal
www.loughderg.org | info@loughderg.org | +353 (0)71 98 61518



PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
BRIDGE CLUB at 7.15 until 9.45pm YOUTH CLUB 6.30pm – 8.30pm 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 YOUTH CLUB 6.30pm – 8.30pm 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

BOOKING OF PARISH CENTRE: Contact Thomas on 07305 746 263 or Email: mcmullanthomas481@gmail.com

The Parish Centre is closed for the summer and classes will recommence in September 2023

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

Singing For Boys 2023

Monday 14 August – Friday 18 August

St Dominic's Grammar School

135 Falls Road, Belfast BT12 6AE

This five-day course is aimed at boys aged 8–16 who want to improve their singing voice and musical skills. It is ideal for boys who have a passion for music and want to take their singing training to the next level.

We will be running two groups across the week. Morning sessions will be for younger boys (8–12) who are beginning their musical training. The afternoon sessions will be for boys (11–16) who already have some experience singing.

The summer school will conclude with a showcase at the end of the week to which parents and guardians are invited to attend. The scheme is an excellent entry point into the Schola boys' choir.

Please contact James McConnell at schola@downandconnor.org for more information and an application.

Young Adult Catholic Conference - Saturday 19th & Sunday 20th August 2023

'Under Mary's Mantle' is a conference on faith and culture for young adults (18-35) with talks, prayer, Mass, Confession, workshops, food and social in the historic All Hallows campus, DCU, Dublin. A chance to build your faith in friendship with young men and women from across the country.

Keynote speakers include poet and convert Sally Read, a one-time radical feminist who embraced the Faith, Bishop Alphonsus Cullinan, Cistercian Fr Aelred McGee, Marian theologian Professor William A Thomas and many more. The talks and workshops range widely from poetry to reading the Bible, vocations and Mary in the Liturgical Year! Mass and Confessions take place both days.

Two day ticket (Saturday & Sunday) – €60

Day rates – Saturday €40; Sunday €30

STUDENTS get a 10% discount – contact deusetpatria@gmail.com for discount code.

There is a limited amount of accommodation available in DCU, contact deusetpatria@gmail.com or call 085 144 2423 for rates and more information.

European Family Weekend, 25 – 27 August 2023, Co. Kildare: an opportunity to energise family relationships and faith, suitable for children ages 6 and older. Visit: FamilyWeekend2023.blogspot.com

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 or Tel: 028 90690920

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 17th 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

nativity@downandconnor.org

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.

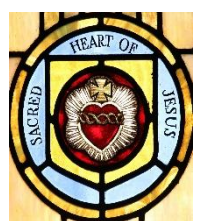
OTHER NOTICES:

▪ **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,
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.

<p>Never permit me to be separated from you. Amen. <i>composed by Saint Alphonsus Liguori</i></p>	<p>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</p>
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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

MAY/JUNE 2023	
<p>Wednesday 10 May Saint Comgall, Abbot of Bangor</p>	<p>Sunday 4 June The Most Holy Trinity</p>
<p>Sunday 21 May The Ascension of the Lord</p>	<p>Friday 9 June St Columba</p>
<p>Wednesday 24 May Day of Prayer for the Church in China</p>	<p>Sunday 11 June Corpus Christi</p>
<p>Sunday 28 May Pentecost Sunday</p>	<p>Saturday 17 June The Immaculate Heart of Mary</p>
<p>Monday 29 May The Blessed Virgin Mary, Mother of the Church</p>	<p>Sunday 18 June Collection for Peter's Pence</p>
<p>Wednesday 31 May The Visitation of the Blessed Virgin Mary</p>	<p>Saturday 24 June The Nativity of St John the Baptist</p>