# 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-Eighth Sunday in Ordinary Time, Year B – 13th October 2024

#### Your prayers are requested for

## **Recently Deceased:**

Camilla Cox

#### **Month's Mind:**

John Cranston (Belfast)

#### **Anniversaries:**

Gemma Patricia Haggan Gerard James Mckeown

Mary McNally
Sean McKenna
Mary McArdle
Leslie Jennings
Joe Jackson
Thomas & Helena
McCullough
George Roberts
Terence Mulligan
Kathleen Ward
Mick McArdle
Mary Sweeney
Patrick McDonagh
Thomas & Helena McCullough
George Roberts
Terence Mulligan
Kathleen Ward
Mick McArdle
McArdle
Mary Sweeney
Patrick McDonagh
Thomas & Peter Ryan

Rosaleen McCormack Hugh McPoland

## MOST HOLY REDEEMER CHURCH BALLYHOLME

Sunday 13th October @ 9am

#### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 12<sup>th</sup> October @ 6.30pm and Sunday 13<sup>th</sup> October @ 10am and 12noon

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

DAILY MASS NEXT WEEK 14th – 18th October 2024 @9.30am

#### **BAPTISM REGISTRATION**

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

#### **Parish Sacramental Preparation Classes**

Parish sacramental preparation classes for the sacraments of Reconciliation, First Holy Communion and Confirmation will begin on Sunday 10<sup>th</sup> November 2024 in the parish centre. We welcome children in the parish attending local non-Catholic schools (P4+ and P7+). If your child or grandchild would like to enrol please email the parish office before Monday 21<sup>st</sup> October 2024.

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#### Parish Centre Announcement

The Parish Centre will be closed the week commencing **Monday 28**th **October** 2024



The Trocáire team wish to thank all the parishioners who supported our recent coffee morning. Thanks to your donations we raised £1.120.00

#### **Prisons Week**

Fr Stephen McBrearty Lead Coordinator of Catholic Chaplains Northern Ireland Prison Service would like to highlight the upcoming Prison week.

**Prison Week 13<sup>th</sup> to 19<sup>th</sup> October 2024** aims to gather the Church in prayer for the needs of all those affected by prisons: prisoners and their families, victims of crime and their communities, those working in the criminal justice system and the many people caring for those affected by crime inside and outside of our prisons. The theme for this year is – *Jesus looked at him and love him*. This year we invite you to remember that he looks at you and loves you, as he looks at them and loves them. Fr Stephen would ask that you take a few minutes out of your day to pray the prison week prayer.

#### THE PRISONS WEEK PRAYER

Lord, you offer freedom to all people. We pray for those in prison. Break the bonds of fear and isolation that exist. Support with your love prisoners and their families and friends, prison staff and all who care.

Heal those who have been wounded by the actions of others, especially the victims of crime. Help us to forgive one another, to act justly,

love mercy and walk humbly together with Christ in his strength and in his Spirit, now and every day.

Amen

#### 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	
2 , 1	[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	
[ idaii idaii	[St Dympna's Room]	, , ,	at 8.15pm to 9.30pm	
	[conjumpulations]	SENIOR CHOIR	[Minor Hall]	
		At 7.30pm		
		[St Dympna's Room]		
		[23 2 /		

#### UNTIL FURTHER NOTICE THERE WILL BE NO NEW PARISH CENTRE BOOKINGS

The Parish is recruiting boys and girls who have made their First Holy Communion as altar servers. If interested, parents are requested to contact the parish office as soon as possible.

Bangor Parish Pilgrimage to Rome 5<sup>th</sup> February 2025 for the Holy Year. Some places still available. Details on the parish website.

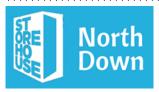
## **VOLUNTEERS**

Volunteers to clean the church of St Comgall Brunswick Road are urgently needed. Those who offer their services will work in teams of three or four on a rota basis. The church is cleaned once a week. The greater the number of volunteers the less frequently they will be called upon to help maintain our beautiful Church as a noble place of prayer.

If interested please contact the office on 02891465522 or bangor@downandconnor.org

#### ABIDE in His Love Women's Conference, 15th-17th November 2024

The Great Northern Hotel, Bundoran, Co. Donegal. Join us for an inspiring weekend with guest speakers including Lisa Cotter (Denver, Colorado), the Nashville Dominican Sisters, Fr. Barry Braum (London), Kathleen Nichols & Celine Kelly (Magdala, Israel), Bishop Kevin Doran (Elphin), Catherine DiNuzzo (Kansas), and Fr. Joseph Mary Deane, CFR, among others. This conference will celebrate the beauty and dignity of women in the Church and the world today. It offers a wonderful opportunity to come together, form new friendships, be uplifted by powerful talks, and experience the transformative presence of Christ in the Eucharist. We encourage you to invite a family member or friend to join you. To register, visit Eventbrite.ie and search for "Abide in His Love." Further information, including accommodation details, will be sent via email upon registration.



#### 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 <a href="https://towardspeace.ie/">https://towardspeace.ie/</a>

Accord NI Catholic Marriage Care

Marriage Preparation Facilitators

Service seeking

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

<u>www.accordni.com</u>
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### 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="who-are teleparemission.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				