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

Second Sunday in Ordinary Time, Year B – 14th January 2024

Your prayers are requested for

Recently Deceased:
Angela Galbraith
Sr Frances McCashin
Gyula Rafael

Anniversaries:

Michael Jennings
Angela McKee
Ann McCaughey
Michael Thomas McConville
Shelia & Harry Currie
Joe Donaghy
Vera Farley
Angela Collins
Daniel O'Kane
Phil Jones
Jim McDonagh
James Keenan
John Walsh

ST COMGALL'S CHURCH, DONAGHADEE Sunday 14th January @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 13th January @ 6.30pm and Sunday 14th January@ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK 15th- 19th January @9.30am

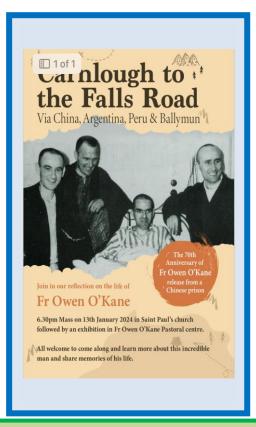
BAPTISM REGISTRATION

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



FOSTERING RECRUITMENT EVENT – St.Comgall's Bangor Sunday 28th Jan 2024 11.30am – 2pm in the Parish Centre

During 11.30am Mass on the weekend of 14th
January 2024 there will be staff from HSC NI Foster
Care in our Church. A member of our
Safeguarding Committee will read a short notice.
The Foster Care staff will then visit the Parish Centre following Mass to speak with anyone who thinks they would like to learn more about fostering.



McClean Family Concert - Bangor Swifts Fundraiser

All three generations will perform two unique concerts to fundraise for Bangor Swifts.

Friday 2nd and Saturday 3rd February 2024.

Imperial Bar function room. Doors 7pm, concert 8pm.

Tickets £10 available at Thomas's Shor or through Eventbrite. Get your tickets quick!

PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15 until 9.45pm	FRIENDSHIP CLUB at 10.00am	MENCAP Every fortnight at	St Comgall's Guide Unit	St Comgall's Ju- Jitsu Club
LECTIO DIVINA GROUP 7.30pm – 8.30pm [St Dympna's Room]	IRISH DANCING CLASSES at 6.00pm SENIOR CHOIR Starting 11 th October at 7.30pm	6.00pm BADMINTON Every fortnight at 8.00pm	(Girls aged 6-18) at 6.30pm IRISH CLASS At 7pm CEILI DANCING at 8.15pm	(Juniors 5-15yrs) 6-7pm (Seniors 16+yrs) 7-8pm

BOOKING OF PARISH CENTRE:Contact Thomas only on 07305 746 263 or Email: 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

<u>IRISH SET DANCING CLASS – Wed</u>nesdays 8 – 9.30pm

St Comgall's PAROCHIAL Hall for beginners and improvers No partner needed. Great craic!

Looking for a New Year's Resolution? Why not begin the new year and learn how to read the Bible and better understand the fascinating events, figures and connections between the Old and New Testament. We invite you to gather each week for a time of teaching, discussion, and prayerful reflection as we journey through the bible timeline and better understand how we too are involved in the unfolding of God's plan of salvation history.

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 learning how to read the bible, understand it and so experience its life changing power.

Unlocking the Mystery of the Bible includes 8 weekly sessions. Course participants will receive a resource pack. The programme requires one hour of study per week.

Venue: Online via zoom

Beginning Wednesday 17th January @7pm online for 8 weeks.

The program will conclude with a Retreat Day on Saturday 23rd March 2024 Venue: Holy Rosary Parish Centre, Belfast

Facilitators: Fr Paul Byrne & Aishling Steen

The cost of the program is £30

To book your place click on the registration link: https://forms.office.com/e/HTLtfTXUaD

Places are limited. Booking early is advised.

Stop two extreme abortion amendments

Pro-abortion MPs, Stella Creasy and Diana Johnson, have tabled two extreme abortion amendments in an attempt to hijack the Criminal Justice Bill.

Right To Life UK has launched a tool on its website that makes it easy for you to email your MP to ask them to oppose the two extreme abortion up to birth amendments and sign Early Day Motion 131 to stop abortion pills being sent out without an in-person medical appointment. Please visit https://righttolife.org.uk/abortionamendments to contact your MP now. It only takes 30 seconds.

"Calling Pioneers and Friends to the 25th Pioneer National Ball. An evening of celebration and fun on Saturday April 6th 2024. Mass at 6pm in the Cathedral of Christ the King, Mullingar, followed by special guest speaker, dinner, music and dancing at the Annebrook House Hotel, Mullingar. Extra activities on Friday night and Saturday and Sunday afternoons. For details/ tickets contact Dermot Fagan 085-7201646 or Daisy Carey 087-6544626"

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 07732 513 400

Totus Tuus Magazine is a Catholic magazine, full of articles from Irish priests and laity, which aims to highlight the beauty and joy of our faith. It is going into its 7th year and is run by donations. If you haven't come across Totus Tuus Magazine and would like a free copy, please contact Fiona Kiely on 086 8760058.

The 2024 Pioneer calendar is available from Pioneer centres and from Central Office (01 805 4226). The calendar is designed to offer spiritual support to families which are being impacted by alcohol and addiction. The calendar is priced at €5. Further information from www.pioneerassociation.org/calendar

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Living Church Office

Email: c.carmichael@downandconnor.org

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)

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				