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.

The Exaltation of the Holy Cross, Year C – 14th September 2025

Your prayers are requested for Recently Deceased:

Winifred Agnes (Una) Ferguson Laurence Reavey

Month's Mind:

Monica (Mona) Eccles

Anniversaries:

Joe McNally
Jack Allen
Joseph Hall
Annie Hall
Patrick & Caroline Duffy
Sean McPadden
Maura & PJ Cullen
Maureen Taylor
James Hill

Patricia Small

ST COMGALL'S CHURCH DONAGHADEE

Sunday 14th September 2025 @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

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

MASS TIMES NEXT WEEK:

Monday 15th – Friday 19th September @ 9.30am

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

Baptisms are celebrated on Sundays @ 1.15pm





CUPPA & CONNECT

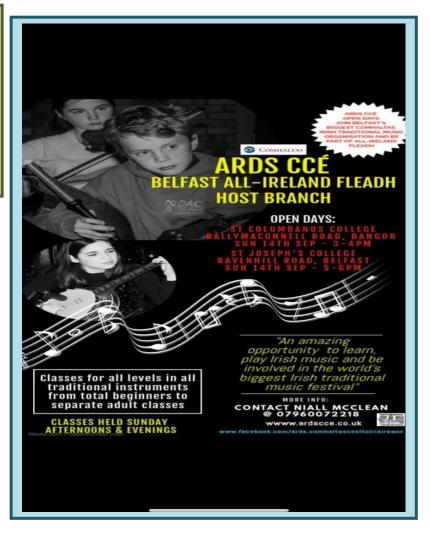
Sunday 14 Sept 10am Mass (Holy Shop)

Sunday 21 Sept 12noon Mass

Sunday 28 Sept no cuppa & connect

Sunday 05 Oct 10am Mass

Requests for Parish Centre bookings should be forwarded to the PCC via email: stcomgallspcc@gmail.com



PARISH CENTRE – PARISH GROUPS 2024

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 10.30am	10am	(Girls aged 6-18)	(Juniors 5-15yrs)
[Minor Hall]	[Minor Hall]	[Main/Minor Hall]	at 6.15pm to 8pm [Main/Minor Hall]	6-7pm [Main Hall]
LECTIO DIVINA GROUP	IRISH DANCING	MEDITATION GROUP	[[Idilly illion ridil]	[[[[[[[[[[[[[[[[[[[
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
BADMINTON	[Main Hall]	FOLK GROUP	At 7pm to 8pm [St Dympna's Room]	[St.Dympna's Room]
NOW WEEKLY at 8 to 9pm	SVP	AT 6.30 -7.30pm		
[Main Hall]	at 7.30pm to 9.30pm [St Dympna's Room]	[St Dympna's Room]	ceili dancing at 8.15pm to 9.30pm	
		SENIOR CHOIR	[Minor Hall]	
		At 7.30pm [St Dympna's Room]		

New Madonna and Child Statue

As announced Matthew Thompson from Co. Cork has been commissioned to sculpt a statue in Portland stone to replace the mutilated statue of Our Lady outside the church. Any donations large or small would be deeply appreciated. Please use the envelopes on top of the safe, and place in the safe. So far this week several people have contributed £55.00 for which the parish is deeply grateful.

CLUBS

The next meeting of the Discussion Group will be on Friday 19 September in St Dympna's room from 7.30 to 9.30pm. The topic for this meeting is: "The Old Testament – an Overview". Everyone is welcome.

Peace Walk Invitation — Saturday 20th September 2025

The **Friends of Columbanus Bangor** invite all parishioners and members of the wider faith community to join a **Peace Walk** on **Saturday 20th September at 2:00 PM**, beginning at **Helen's Bay** (meeting at the beach car park from1.30 pm) and following the **Coastal Path to Bangor**. The walk will conclude at **Bangor Abbey Parish Centre**, where light refreshments will be served and information will be shared about the **Irish Columban Way**, a spiritual and cultural route inspired by **St. Columbanus**.

All are welcome. Registration is essential. Registration fee is £ 5 / FoC members free

Please register via FoC Website: https://friendsofcolumbanusbangor.co.uk/

Ards CCÉ host branch for the All Ireland Fleadh 2026, the world's largest Irish Music Festival.

Come and join us, beginners - advanced levels on all traditional instruments.

Open days all on Sunday 14th Sept.

St Mary's PS Kircubbin 12.30 - 1pm

Sr Columbanus College Bangor 3 - 4 pm

St Joseph's College Belfast 5 - 6 pm.

Classes formally start Sunday 28 Sept.

More info available on Ards CCÉ Facebook or from Niall McClean 079 6007 2218

Cap on the Wall celebrate their 30th anniversary with many musicians and will appear at Bangor Court House Friday evening 10th Oct (nearly sold out) and Saturday afternoon 11th Oct.

Tickets available from Bangor Court House website.

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. If you wish to avail of this service, please contact the parish office 028 9146

Notices for the newsletter and anniversary requests are to be submitted to the parish office by 12noon on Wednesdays. banqor@downandconnor.org

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 https://towardspeace.ie/				

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				
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 Liquori

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			