

# 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

## THIRD SUNDAY OF ADVENT, Year B – 17th December 2023

### Your prayers are requested for

#### Recently Deceased:

Ronnie Finnegan (Australia)

#### Month's Mind:

Bishop Anthony Farquhar

#### Anniversaries:

Mary Turley	Margo Saunders
Nora Somerville	Evelyn Keenan
Billy Gardner	Phyllis Harvey
Patricia Collins	Ann Spruce
Charlotte McAllorum	Lily Simpson
Mary Troupe	Joan Larkin
Sr Joan Sawyer	Brian Donaghy
Stephanie Murray	Eilish Steele
Jeanie Doherty	Eileen Young
Isabel & Patrick Reilly	

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 17th December 2023 @ 9.00am

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 16th December @ 6.30pm and  
Sunday 17th December @ 10am & 12noon

#### MASS TIMES FOR:

**DAILY MASS NEXT WEEK 18<sup>th</sup> – 22nd December 2023  
@9.30am**

#### BAPTISM REGISTRATION

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

### CHRISTMAS MASS TIMES

**Sat 23<sup>rd</sup>: 6.30pm** *Confession after Mass*

**Sun 24<sup>th</sup>: Christmas Eve**

**No Mass – Donaghadee**

**11am – St Comgall's Brunswick Road**

*(No 10am or 12noon Mass)*

**5, 7 & 9pm**

**Mon 25<sup>th</sup>: Christmas Day**

**9am Donaghadee**

**9am St Comgall's Brunswick Road**

**11am St Comgall's**

*The timetable is dependent on two priests being available.*

#### Penitential Services

**Friday 15<sup>th</sup> December – Ballycran – 7pm**

**Monday 18<sup>th</sup> December – Bangor – 7pm**

**Tuesday 19<sup>th</sup> December - Ballygalget – 6pm  
Portaferry - 7pm**

**Wednesday 20<sup>th</sup> December - Newtownards – 7pm**



St Columbanus' College

### Annual Carol Service

You and your families are warmly invited to a festive celebration of traditional carols, readings and music from our Choir and Traditional Group

on  
Tuesday 19<sup>th</sup> December at 6.30pm

in  
St Comgall's Church, Brunswick Road, Bangor,

We look forward to celebrating together as a school and parish community.



### ST VINCENT DE PAUL

Sincere thanks from both of the parish Conferences of the Society of St Vincent De Paul for the very generous donations to our Christmas collection. We raised approximately £12000. Many families and individuals will benefit from your outstanding generosity. We are very grateful for your continuing support.

**PARISH CENTRE – PARISH GROUPS 2023**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>
<b>BRIDGE CLUB</b> at 7.15 until 9.45pm  <b>LECTIO DIVINA GROUP</b> 7.30pm – 8.30pm [St Dymphna'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	<b>St Comgall's Ju-Jitsu Club</b> (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](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)**



Relax with a hot chocolate and a mince pie. This Advent season let's journey with the Holy family. Contemplating, praying, quieting our hearts and minds, with Hope, Love, Joy and Peace, O come Emmanuel. In St Dymphna's room, St Comgall's parish centre, 7.30pm on Monday evenings, **27th Nov, 4th Dec, 11th Dec and 18th Dec.**

All welcome, children to be accompanied.

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You are invited to an Advent hour of Prayer for Peace with Taizé chant.

In St. Comgall's Church, Brunswick Road, Bangor **Monday 18th December from 7:30pm to 8:30pm**

**Down and Connor Diocesan Pilgrimage to Fatima 2024**

Spiritual Directors Fr G McCloskey, Fr M Graham, Canon S Gilmore

**20 Aug 2024.** 7 Nights £799 per person sharing (£100 off per person if paid in full by 8<sup>th</sup> December 2023) direct return flights from Dublin to Lisbon afternoon flights.

20KG bags included. Return airport transfers in Fatima. 7 Nights Hotel Avenida. Full board: breakfast, lunch & dinner each day. Guided tour of the Sanctuary & Basilica of Our Lady of the Rosary. Optional: Travel Insurance & Single Supplement.

For further information please contact: **Joe Catney 07776 425 631/02890714001**

**Trócaire School Volunteers:**

*Are you a retired teacher or someone who has experience presenting to groups of school children? Do you have a passion for making this world a better place, especially for the most vulnerable? Trócaire is looking for volunteers to support our School Talks Programme for Lent 2024 in the Down & Connor Diocese Area. If you think you have the right skills and experience and will have a few free hours during Lent then we would love to hear from you! For more information call Casey Schell on 02890 808033 or email [casey.schell@trocaire.org](mailto:casey.schell@trocaire.org)*

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The Christmas lunch for Senior Citizens provided by the St Comgall's Conference of the Society of St Vincent De Paul on Sunday 3<sup>rd</sup> December was a huge success and greatly enjoyed by almost 80 parishioners. The Conference wishes to express our thanks and appreciation to all those who assisted in any way to the organisation of the event.

**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.

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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](http://www.pioneerassociation.org/calendar)

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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.\***

Living Church Office

Email: [c.carmichael@downandconnor.org](mailto:c.carmichael@downandconnor.org)

Tel: 028 90690920

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**Greetings from St. Vincent De Paul Parish, Ligoniel.**

**For over ten years the Filipino Community have gathered in our Parish Church to celebrate an early morning Mass in preparation for Christmas. The Mass takes place at 6am each day from the 16th to the 24th December 2023 inclusive and is followed by traditional Filipino food in the Church Porch and on Christmas Eve in the Parish Hall.**

**Although the 'Misa De Gallo,' ( Mass of the Rooster,) is a tradition among the Filipino Community it is a great way for everyone to spiritually prepare for Christmas.**

**I would be very grateful if you could share this information with your Parishioners - it is an early start - but everyone is most welcome.**

**Fr. Vincent Cushnahan (PP St. Vincent De Paul, Ligoniel.)**

### **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](mailto:email@familycareadoption.org)

Phone: 02890 691133

Website: [www.familycareadoption.com](http://www.familycareadoption.com)

We are waiting to hear from you!

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## 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](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

October/November 2023

<b>Saturday 07 October</b> Our Lady of the Rosary	<b>Wednesday 01 November</b> All Saints
<b>Monday 16 October</b> St Gall	<b>Thursday 02 November</b> All Souls
<b>Sunday 22 October</b> Mission Sunday	<b>Friday 03 November</b> St Malachy
	<b>Sunday 05 November</b> Prisoners Sunday
	<b>Sunday 19 November</b> World Day of the Poor
	<b>Tuesday 21 November</b> The Presentation of the Blessed Virgin Mary
	<b>Thursday 23 November</b> St Columbanus