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

Fourth Sunday of Lent (Laetare Sunday), Year B - 17th March 2024

Your prayers are requested for

Recently Deceased:

Month's Mind:

Anita Weir

Anniversaries:

Carol Hughes Lily Jamison
Patricia Reilly Patrick Murphy
Damien Keogh John Kinsella
James Lennon Harry Shields
Eileen, Fred & Tony Watts
Sean Lennon Mary O'Kane
James Hinds Mary Hinds
Austin Hinds Catherine Duncan

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 17th March @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

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

MASS TIMES FOR:

DAILY MASS NEXT WEEK 18th - 22nd MARCH @9.30am

BAPTISM REGISTRATION

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

Easter Triduum Readings

A meeting will be held in the Church on Thurs 21st March at 6.30pm to distribute readings for Palm Sunday and Easter Tridumm. Would all readers who are available to read over the Easter period please attend.

FINAL NOTICE

All groups who use the parish centre are asked to remove their property from the parish centre because a skip will arrive on Fri 22nd March and will be filled on Sat 23rd March.

Any group which has permission to store property in the parish centre is urgently required to make sure their property is clearly labelled with the group name.

The clear out of the parish centre will be extensive!!!

Any unlabelled items will be sent to the skip.



PARISH CENTRE - PARISH GROUPS 2023

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

BOOKING OF PARISH CENTRE: Contact Craig in the parish office 028 9146 5522 or via email on

bangorparishaccounts@downandconnor.org

UNTIL FURTHER NOTICE THERE WILL BE NO NEW PARISH CENTRE BOOKINGS

This year our Diocesan Pilgrimage to Knock will take place on Sunday 9th June.

We look forward to welcoming our new Bishop Alan to lead us for the first time.

I encourage parishes to consider organizing a coach perhaps in conjunction with neighbouring Parishes or as a Vicariate, perhaps for one day or overnight.

I would be grateful if parishes could contact me if they wish to plan a trip to Knock to join the Diocesan Pilgrimage or if they need any assistance or advice on planning. I can be contacted at:

v.cushnahan@downandconnor.org

St Patrick's Extravaganza Concert

With Cap on the Wall and guests include Riverdance sensation Lauren Smyth.

Sunday 17th March - St Comgall's Parish Centre.

Great ballots and licensed bar. More info via Cap on the Wall facebook page.

<u>Marriage Enrichment Weekend, 26 – 28 April 2024, Co. Kildare:</u> an opportunity to energise communication and romance in your marriage! Visit: www.marriageencounter.ie/marriage-encounter-weekend

Ards cce coffee and music morning

Sunday 14th April after 10am and 12noon masses in the parish centre.

Ards cce pupils from parish schools will be touring in the footsteps of Columbanus to Italy in July.

Lovely music/treats and a cuppa. Please support.



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

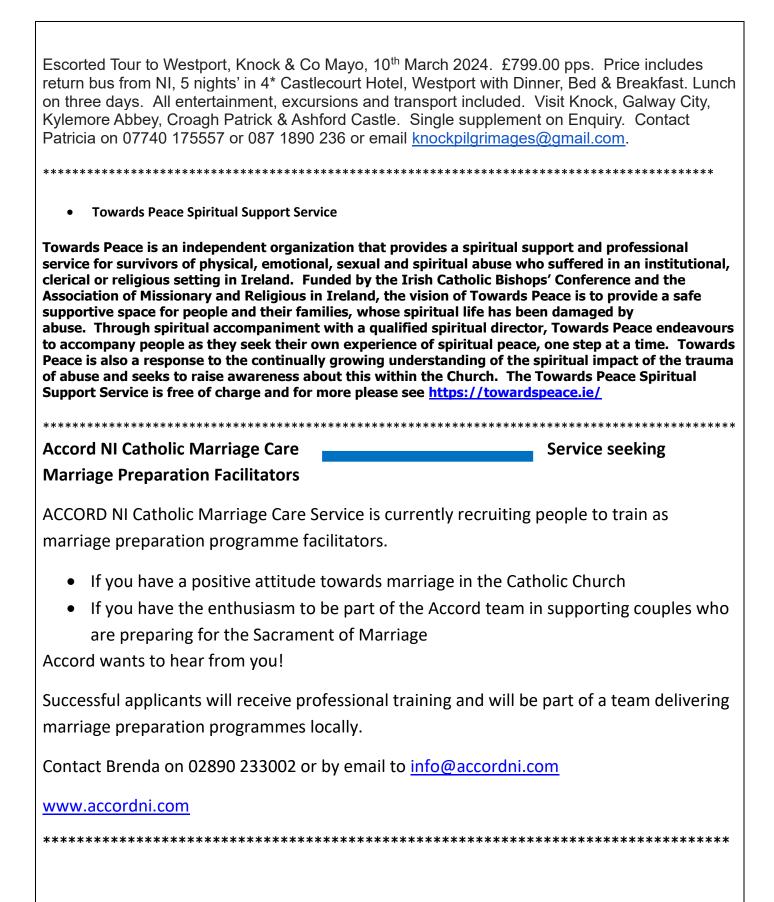
The aim of the Bethany Group is to provide support to the bereaved. The Bethany Group may be contacted on the following number **074 7751 7864**

Installation of defibrillator at Thomas McMullan's shop

Parishioners are advised a new defibrillator has been installed on the outer wall of Thomas's shop.

JOB VACANCY - PreSchool Deputy Leader

The job advert is available in the NEWS section of the parish website.



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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... 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				