# 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** 

## First Sunday of Lent, Year B — 18th February 2024

### Your prayers are requested for

## **Recently Deceased:**

Sam Waddell (Tempo) Anita Weir (Greer) Giovanna Vannucci

#### Month's Mind:

Anthony (Tony) Blaney

### **Anniversaries:**

Anita Phillips
Samuel Stevenson
David Allen
Margaret Haig-Godden
Susan Crotty-Bradley
Mary Hamilton
Mary Larkin

## ST COMGALL'S CHURCH, DONAGHADEE Sunday 18<sup>th</sup> February @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 17<sup>th</sup> February @ 6.30pm and Sunday 18<sup>th</sup> February @ 10am and 12 noon

#### **MASS TIMES FOR:**

DAILY MASS NEXT WEEK 20<sup>th</sup>, 22<sup>nd</sup> & 23rd February @9.30am **REQUIEM MASS Mon 19<sup>th</sup> & Wed 21<sup>st</sup> February @ 10am** 

## **BAPTISM REGISTRATION**

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

## EXPRESSIONS OF INTEREST FOR THE PERMANENT DIACONATE

The Permanent Deacon responds to the call of Jesus and his Church in three specific ways: through the ministry of Charity, the ministry of the Word and the ministry of the Altar with a particular focus on the ministry of charity. The Diocese invites expressions of interest from men, (married or single), who feel called to the Diaconate.

Further relevant information can be found on the Diocesan website <a href="https://www.downandconnor.org/living-church/diaconate/">https://www.downandconnor.org/living-church/diaconate/</a>
Additionally, it is proposed to hold three information evenings in St Patrick's Downpatrick All Saints Ballymena and St Brigid's Belfast on 7<sup>th</sup> 12<sup>th</sup> and 20<sup>th</sup> March. This will provide an opportunity to meet Permanent Deacons and their wives and discover more about this vocation.

It is hoped to commence a propaedeutic year of discernment in September 2024. Expressions of Interest forms will be issued by email to those who have responded to this announcement and the formal application and interview process will commence, with a view to completion in June 2024.

## St Patrick Extravaganza

**Concerts** with Cap on the Wall and guests including Riverdance sensation Lauren Smyth.

Sat 16<sup>th</sup> March – St Patricks Hall Newtownards – 7.30pm Sunday 17<sup>th</sup> March – St Comgall's Parish Centre – 7.30pm Tickets available from Eventbrite or Thomas's shop Bangor - £10 Great ballots and licensed bar at Bangor Concert. More information via Cap on the Wall facebook page.



#### Dear Hall User,

A recent fire inspection has revealed that the storage capacity in the Parish Centre has been exceeded and an immediate clear out of all unused and unnecessary items is **essential.** 

I should be obliged if you would examine your group's property in the Parish Centre and remove as much of it as possible within the next fortnight before a second inspection takes place.

Please be advised that the parish will be obliged to remove and dump all unchecked property on **Friday 23<sup>rd</sup> February 2024.**Canon J Gunn

#### PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15 until 9.45pm	<b>FRIENDSHIP CLUB</b> at 10.00am	MENCAP Every fortnight at 6.00pm	St Comgall's Guide Unit (Girls aged 6-18)	St Comgall's Ju- Jitsu Club
LECTIO DIVINA GROUP 7.30pm – 8.30pm [St Dympna's Room]	IRISH DANCING CLASSES at 6.00pm SVP At 7.30pm	BADMINTON Every fortnight at 8.00pm  FOLK GROUP AT 7PM	at 6.30pm  IRISH CLASS At 7pm  CEILI DANCING at 8.15pm	(Juniors 5-15yrs) 6-7pm (Seniors 16+yrs) 7-8pm
		SENIOR CHOIR At 8PM  SET DANCING CLASS At 8pm	at 0.15pm	

**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** 

## St. Comgall's Donaghadee

There will be no Holy hour this month.

#### **Lenten Pledge**

Many people choose to abstain from alcohol during the season of Lent. You can do likewise. Please consider taking the short-term Pioneer Lenten pledge and say the prayer daily.

"I promise in honour of the Sacred Heart of Jesus with the help of the Blessed Virgin Mary to abstain from all alcoholic drink during Lent."

#### RIGHT TO LIFE UK

"We pray for our society. That we would promote a culture that values life, and that we would seek the protection of all humans to conception to natural death. Lord hear us."

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#### **CALLING ALL MINISTERS OF THE WORD!**

We are hoping to reinstate a rota for Saturday VIgil and Sunday Masses.

Can we ask all those who read at Saturday and Sunday Masses to leave their names, phone numbers and the Mass time at which they read with the Parish Office as soon as possible.

Expressions of interest for new Ministers will also be welcome.

#### **Laying Down**

11am – 3.30pm, Saturday 9 March, 2024. Clonard Monastery, Belfast.

Gentle mix of prayer, song, story and silence, led by Breige O'Hare. Time to rest and recover a simpler, slower sense of Lent. Space to meet the God who lived and died so that we might know how much we matter.

Donation: £10 *(or whatever you can afford).* Bring your own lunch. Tea, coffee provided. Booking is essential. To book, ring Clonard: 028 9044 595

#### 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** 

Escorted Tour to Westport, Knock & Co Mayo, 10 <sup>th</sup> March 2024. £799.00 pps. Price includes return bus from NI, 5 nights' in 4* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Lunch on three days. All entertainment, excursions and transport included. Visit Knock, Galway City, Kylemore Abbey, Croagh Patrick & Ashford Castle. Single supplement on Enquiry. Contact Patricia on 07740 175557 or 087 1890 236 or email <a href="mailto:knockpilgrimages@gmail.com">knockpilgrimages@gmail.com</a> .
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>
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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="www.soulparemission.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				