

PARISH OF BANGOR, MEMBER OF ARDS FAMILY OF PARISHES

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.

Second Sunday in Ordinary Time, Year A – 18th January 2026

Your prayers are requested for:

Recently deceased:

Eamon Gavin (Holywood)
Theresa Rice

Anniversaries:

Michael Thomas McConville
Mamie Kelly Kathleen McManus
John Magennis Angela McKee
Vincent O'Regan Ethna Taylor
Peggy Rafferty Vincent Kerr
Mary Cassidy James McDonagh
Theresa Turley Mary Turley
Vincent Coulter Robert Lowry

MASS TIMES NEXT WEEK

DAILY MASS:

Monday 19th – Thurs 22nd January @ 9.30am
REQUIEM MASS: Friday 23rd January @ 10am

ST COMGALL'S CHURCH DONAGHADEE

Sunday 25th January @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 24th January @ 6.30pm
Sunday 25th January @ 10am & 12noon

BAPTISM

Please register online SIDE BAR under Baptism registration
Baptisms are celebrated on Sundays @ 1.15pm

Deacon James will lead a candle lit hour of adoration before the Blessed Sacrament with Taize chant on

Wednesday 21st January in St Comgall's Church, Bangor, from 7:30 -8:30 pm

The monthly services will alternate between St Comgall's Bangor and Comber.

A beautiful way to take time out and in the candle lit ambience sit with God present in his Word and Sacrament.



Memorial Service

A Prayer Vigil for Refugees and Migrants Who Died Seeking Refuge

Sunday 18th January 2026
3:00pm

Newtownbreda Presbyterian Church (St. Johns)
374-378 Ormeau Rd, Belfast BT7 3HX



Join us to remember the precious lives lost by people seeking asylum, refugees and migrants, searching for security.

All welcome and bring your friends!
Refreshments afterwards in the Parish Hall



info@embraceni.org



www.embraceni.org



Charity No. 100294

Friends of Columbanus Bangor Event celebrating the lives of St Brigid and St Columbanus

Saturday 7th February in the North Down Museum Bangor: Enjoy a demonstration of St Brigid Cross Making and using the materials provided make your own cross. Refreshments provided.

Limited number of places. For more information and to book now go to <https://www.visitardsandnorthdown.com/whats-on/celtic-saints-a-journey-through-time-and-tradition-p948071>

PARISH CENTRE – PARISH GROUPS 2025

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15pm until 9.45pm [Minor Hall] LECTIO DIVINA GROUP 7.30pm – 8.30pm [St Dymphna's Room] BADMINTON NOW WEEKLY at 8 to 9pm [Main Hall]	FRIENDSHIP CLUB at 10.30am [Minor Hall] IRISH DANCING CLASSES at 6.00pm to 8.30pm [Main Hall] SVP at 7.30pm to 9.30pm [St Dymphna's Room]	PARENTS & TODDLERS 10am [Main/Minor Hall] MEDITATION GROUP at 12pm to 1.30pm [St Dymphna's Room] FOLK GROUP AT 6.30 -7.30pm [St Dymphna's Room] SENIOR CHOIR At 7.30pm [St Dymphna's Room]	St Comgall's Guide Unit (Girls aged 6-18) at 6.15pm to 8pm [Main/Minor Hall] IRISH LANGUAGE CLASS At 7pm to 8pm [St Dymphna's Room] CEILI DANCING at 8.15pm to 9.30pm [Minor Hall]	Ju-Jitsu Club (Juniors 5-15yrs) 6-7pm [Main Hall] Discussion Group At 7.30pm – 9pm [St. Dymphna's Room]

Sensory-Friendly Mass Invitation ☀

St Colmcille's Parish Ballyhackamore Belfast warmly invites you to a **Sensory Mass** on **Saturday, 24th January at 12:00 noon**. This special Mass is designed to be inclusive and welcoming for individuals and families who may benefit from a quieter, more relaxed worship environment. The Mass will feature: Gentle lighting and sound; A calm and supportive atmosphere; Space to move around if needed; Sensory items to aid regulation; A warm welcome for all ages and abilities. Whether you or a loved one experience sensory sensitivities, or you simply wish to attend a peaceful and reflective service, we would love to see you there. Refreshments after Mass in the parish centre.

Spiritual Exercises: 5 Day Silent Ignatian Retreat for Men

Led Benedictine monks from St. Joseph Abbey, in France. **Starts Thursday 30th April (3pm)**. Benburb Priory, Co. Tyrone (1.5 hrs from Dublin). €450 (all meals & single room included). Daily Mass - Ordinary Form (Latin & ad orientem). Discover the strength that only comes when you stop running and let God speak.

Book at: <https://soutenir.clairval.com/retreat-benburb-priory>

IT'S EASY TO SEE WHAT ALCOHOL IS DOING TO THE DRINKER BUT CAN YOU SEE WHAT IT IS DOING TO YOU?

These questions can help you identify if someone else's drinking is affecting you. If your answer is yes to any of the following, Al-Anon Family Groups can help.

- Do you worry about how much someone else drinks?
- Do you tell lies to cover up for someone else's drinking?
- Are you afraid to upset someone for fear that it will set off a drinking bout?
- Do you feel that if the drinker loves you, he would stop drinking to please you?
- Do you feel like a failure because you can't stop the drinking?
- Do you make threats such as "If you don't stop drinking, I'll leave you"?
- Do you search for hidden alcohol?
- Do you feel angry, confused or depressed most of the time?

For further information contact the confidential helpline on 0800 0086 811 or email helpline@al-anonuk.org.uk alternatively contact Belfast at 02890682368

ST VINCENT DE PAUL HELPLINES

Bangor Conference 07703679384

(covering Bangor West, Clondeboy/Newtownards Road area, Kilcooley, Helens Bay and Crawfordsburn)

Ballyholme/Donaghadee Conference 07703679389. (covering Bangor city centre, Bangor East/Ballyholme, Balloo/Bloomfield Road area, Groomsport, Donaghadee and Millisle)

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St. Comgall's Bereavement Support Group

The aim of the Bereavement Group is to provide support to the bereaved. If you wish to avail of this service, please contact the parish office **028 9146 5522**

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The loss of a partner through death, separation or divorce is devastating. Beginning Experience is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast on three Saturdays (31st January, 28th February and 28th March) Booking essential. To find out more, **contact Pauline 07519289185 or Marie 07896119669 or email belfastbe@yahoo.com**

- 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 Service seeking
Marriage Preparation Facilitators**

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!
