

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 9.30pm to 1pm.

4th SUNDAY IN ADVENT, 19 December 2021

MASS TIMES NEXT WEEK:

Monday to Friday at 9.30am

[no registration needed]



MASS TIMES NEXT WEEKEND:

Christmas Eve & Christmas Day

As per booking Reservations

St Stephen's Day: 10am & 12noon

NO REGISTRATION NEEDED

FEAST of MARY, THE HOLY MOTHER

Saturday 1st January 2022 – 12noon

The EPIPHANY OF THE LORD

Thursday 6th January – 9.30am & 7.30pm

SUNDAY MASSES

Admittance will be on a first come first served basis and if the permitted number is exceeded a notice to that effect will be posted on the Church door.

Safety of parishioners and welcome to all, particularly families are joint top priorities. **Please note that the Covid sanitising regulations have not changed and will continue to be strictly observed.**

PRAYING WITH THE ICONS

under The Four Saints found in 'Parish Today'



**REGISTRATION FOR MASS OVER CHRISTMAS
IS LIVE ON THE PARISH WEBSITE.**

SEATS ONLY AVAILABLE AT 1PM MASS

CLICK ON THE LINK BELOW:

[HTTPS://WWW.BANGORPARISH.COM/CHRISTMAS-MASS-REGISTRATION/](https://www.bangorparish.com/christmas-mass-registration/)

ALL MASSES ARE SUBJECT TO DIOCESAN REGULATIONS.

Your prayers are requested for



Recently Deceased:

Phylis Edgar, Michael Esposito

Month's Mind: Patricia Hanna

Anniversaries:

Orla Quigley, Phil Jones, Margo Saunders,
Brian Duffin, George & Jean Duffin,
Maude & Archie McKillop,
Patrick Reilly, Michael Reilly,
Gladys McFarland.

Sr Maura of the Columban Sisters

has added new reflections to the website page. Find them under the 'News' section of the tool bar and in the Columban Sisters page under 'The Parish Today'.

BAPTISM REGISTRATION

Evenings only until further notice at 7pm.

Wednesdays and Thursdays.

Please register online SIDE BAR under
'Sacramental Preparation'

Bethany Bereavement Support Group

we are here to support and listen.

Confidential. **075 1085 2157**

St Vincent de Paul

Helpline 077 0367 9384

**Mass is Live Streamed and can be
accessed via the Parish Website**

www.bangorparish.com

St Pauls GAC are holding a Christmas Draw fundraiser with superb prizes from local Businesses.

You can buy tickets via
www.facebook.com/naomhpolgac and
click on the KlubFunder link;
or purchase a ticket at Thomas's Shop.
Thank you.



8 Page Bulletin don't forget to scroll down for all the updated information...



Bangor Parish Family of Schools - Open Enrolment 2022

Families, if you have a child eligible for Pre-School/Nursery, Primary One or Year 8, and require any information or support with the online application process, please get in touch with our Parish schools. Open Enrolment for Pre-School & Primary begins 12noon Monday 10th January and closes 12noon 28th January. Please make your application online by visiting www.eani.org.uk/admissions

St Comgall's Pre-School – Tel: Susan McDowell – 02891 468844

Email: stcomgallspreschool@btconnect.com

Twitter: @StCPreSchool

St Malachy's Pre-School & Nursery Unit – Tel: Orla Mulhern-Caddell – 02891 270594

Email: llungley164@c2kni.net

Twitter: @stmalsbangor

St Anne's PS, Donaghadee – Principal: John Hennessy – Tel: 02891 883619

Email: info@stannesps.donaghadee.ni.sch.uk

Website: www.stannesps.com

Twitter: @stannesps

St Columbanus' College, Bangor – Principal: Maria Flynn – Tel: 02891 270927

Email: info@stcolumbanuscollege.bangor.ni.sch.uk

Website: www.stcolumbanus.org.uk

Twitter: @St_Columbanus

St Comgall's PS, Bangor – Principal: Cathy Hunter – Tel: 02891 463194

Email: ajones169@c2ken.net

Website: www.stcomgallsps.org

Twitter: @StComgallsPS

St Malachy's PS, Bangor – Principal: Stephen Rafferty – Tel: 02891 270594

Email: llungley164@c2kni.net

Website: www.stmalachysbangor.co.uk

Twitter: @stmalsbangor

If you would like your deceased family & friends to be prayed for please email your names to the parish office: E: bangor@downandconnor.org
all names will then be mentioned on the weekly Sunday bulletin and at all the weekend Masses.

Bangor Parish Podcast

You can listen to the Parish podcasts by clicking on the audio files on the website or by searching for

"**Parish Of Bangor Podcast**" in the apple or google podcast apps. You can download these apps from [Apple App Store](#) or [Google Play](#). If you use these apps please '**subscribe**' to our channel so you receive all the latest podcasts straight to your phone or tablet.



MARY'S MEALS

Join our [Big Family Christmas](#) and help to feed even more hungry children with Mary's Meals. For just £15.90 you can [set a place](#) for yourself or a loved one at our virtual Christmas dinner table. Your name will appear online and you'll receive a beautiful digital placemat to pass on. And thanks to [Double The Love](#), your donation will be matched by a group of generous supporters – with up to £1.6 million available. This means each place set will give two children the gift of life-changing school meals for a whole year – bringing them food, joy and hope this festive season.

FULL COPY OF MISSALETTE ON THE WEBSITE on the Slider or found in 'NEWS'

Calling all men - New Year Resolution?

Exodus 90 is a spiritual exercise for men, with over 50,000 who have completed it so far. It's a challenging 90-day period (Jan 17th to Easter Sunday 2022) of prayer and asceticism, supported by a weekly fraternal gathering.

Today Exodus 90 is renewing the Church by transforming men. See www.exodus90.com to learn more.

Zoom information event with testimonies on **Thur Jan. 6th at 8pm**. Meeting ID: 494 625 9738 passcode: 997298 with zoom

SACRAMENTAL PREPARATION CLASSES

For all children not attending Catholic Schools

1ST PENANCE & HOLY COMMUNION - Classes to be held in the Parish Centre on Sunday mornings at 9:15 starting in November 2021. Please register by contacting the parish office by email stating the Child's(rens) Name(s), Primary School, Year Group and Age.



CONFIRMATION 2022 - Confirmation Classes will be starting in January 2022 – Please register by email to the parish office E: bangor@downandconnor.org

The Society of St Vincent de Paul offers practical and confidential help to those in need throughout the North Down Area. We know it can be hard to ask for help but please, if you need help call us on **our Helpline: 077 0367 9384**.

To help us to help others you can make direct payments to Conferences Bank Account.

St Comgall's, Allied Irish Bank. Sort Code 93-82-03. A/C No is 25302098.

Most Holy Redeemer Ballyholme, Allied Irish Bank. Sort Code 93-82-03. A/C No. 06885061.

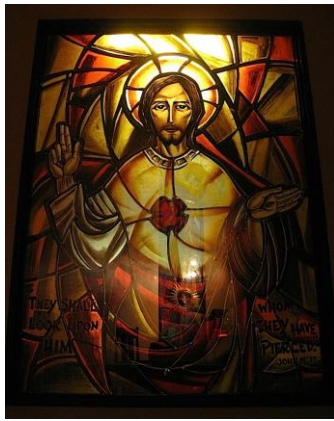
Donations can also be made to SVP Giving Page at www.svp-no.co.uk, or on the SVP Christmas Campaign Telephone Line number 028 9075 0161. If you are a UK income tax payer please consider Gift Aiding your donation, which will enhance your donation by 25% at no extra cost to you. Gift Aid forms are available on the Parish website, or on request, via SVP Helpline number, as above.

A good selection of SVP Christmas cards are now available, for a voluntary donation, at Thomas's Shop or The Cabin, New Street. Donaghadee.

The Society is always on the lookout for new Members, and if you are interested and can spare a few hours per week please speak to a Conference Member, or leave your name and contact number on the Helpline and we will return to you promptly. You will be warmly welcomed and full training will be given.

We can now accept donations of Good quality furniture – please call our Helpline or speak to a member of the Society.

See Storehouse notice on page 4...



4th Sunday in Advent – 19 December 2021

Lord Jesus, you have said, 'Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you.' I come to you in faith and trust, in love and hope. Let me know your closeness to me and your care for me and for all who are dear to me.

My intention: Hear my prayer (*mention intention*); grant what I ask, and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour. And so, Most Sacred Heart of Jesus, I place all my trust in you.



Penitential Act: I confess to the almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

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

CALENDAR OF SAINTS DAYS

DECEMBER 2021

Saturday 18th December

Blessed Virgin Mary

Sunday 19th December

4th Sunday of Advent

Monday 20th December

Saint Fachanan, Bishop

Tuesday 21st December

Saint Peter Canisius, Priest & Doctor of the Church

Thursday 23rd December

Saint John of Kanty

Friday 24th December

Christmas Eve – Nativity of Our Lord Jesus Christ

Saturday 25th December

Christmas Day – Nativity of Our Lord Jesus Christ

Sunday 26th December - Saint Stephen's Day

THE HOLY FAMILY OF JESUS, MARY & ST JOSPEH

Monday 27th December

Saint John, Apostle & Evangelist

Tuesday 28th December

THE HOLY INNOCENTS, Martyrs

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 Mother Teresa, St John Paul II, 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. Come and join us and be part of the prayer movement online!

Saturday at 4.30pm (live) I will be leading the Most Holy Rosary. **Saturday at 8.30pm (live)** I will be leading prayer with Eucharistic Adoration on the Catholic Internet TV – Shalom World.org Just click on the following link to access this time of prayer. www.swprayer.org Please be assured that I will be including all the parishioners and their families during this live Rosary and Eucharistic Adoration.

Knock Shrine - Daily Masses continue to be broadcast on the Knock Shrine website and Facebook page at 12 Noon and 7.30pm, with Rosary at 7pm. Sunday Mass is broadcast at 12 noon, Rosary at 2.30pm and Mass at 3pm. For further details, please see www.knockshrine.ie

The Lough Derg Pilgrim Path on the lough shore is now open daily. The full route is a 12km loop, with a shorter 8km option, and several information boards highlight features of particular interest. Leaflets are available at the Visitors Centre. For bookings and further information email info@loughderg.org or telephone 0(0353) 71 9861518.



Storehouse North Down - Storehouse continues to help St Vincent De Paul provide non-perishable food for those in need. Storehouse welcomes donations of foodstuff at their premises, 12 Balloo Avenue, Bangor on Mondays and Thursdays between 10.00am to 3.00 pm. Cash donations are also very acceptable.

COVID INFORMATION

An up-to-date summary of all Executive regulations and guidance can be found at:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>



Angel Guardian

"Angel of God my guardian dear to whom God's love commits me here. Ever this day be at my side, to light, to guard, to rule and guide. Amen."

Ask your MP to end 'DIY' abortion

The abortion lobby are now running a large campaign in the media to put pressure on the Government to make temporary 'DIY' abortion schemes permanent before the end of the year. It is therefore vital that as many MPs as possible write to the Health Secretary, Sajid Javid, asking the Government to end these dangerous 'DIY' abortion schemes. **Right To Life UK** has launched an easy-to-use tool on its website today which makes it easy for you to send an email to your MP asking them to write to Sajid Javid. Please visit www.righttolife.org.uk/endDIY to contact your MP now. It only takes 30 seconds.

Trócaire

TRÓCAIRE thank you for your help. You can donate in the following ways:

1. Online at www.trocaire.org.
2. By phone: 0800 912 1200 (NI)
3. By post to Trócaire, 10 King Street, Belfast, BT1 6AD (NI),

This Christmas see the gifts online @ www.trocaire.org/gifts

Thank you to all the parishioners for the generous gift of £3,060.00 received recently.

Support the Benedictine Community

Buy your Christmas gifts at the shop of Holy Cross Abbey, 119 Kilbroney Road, Rostrevor, Co. Down BT34 3BN Candles and Soaps made by the monks, Books and a range of different gifts.

Shop opens 9-11am & 2.30-5pm

www.benedictinemonks.co.uk

ADVENT RESOURCES FROM Web Shop
Scriptural Books, Christmas Cards,
www.redcoms.org

What is Alpha? An opportunity to explore: life – faith – meaning in a friendly and informal setting. You are invited to Alpha for a time of video presentations that will make you think – a place where you can be yourself. No pressure. No charge. **How?** Via Zoom link **When?** Begins on Tuesday 11th January 2022 @ 8.00pm **Contact** Email: n.dunn@downandconnor.org Tel: 07879 498131 <https://alpha.org/catholic-context/> **Why not give it a try? Invite someone else too!**

Catholic Bishops Online Advent Calendar!! This year's calendar goes live on **1st Sunday in Advent – 28 Nov!** Now in its eighth year, the unique online Advent Calendar offers resources for the parish, school and for families which can be accessed behind a virtual door each day during the season of Advent. Just click on the following link to get connected: www.catholicbishops.ie/adventcalendar
USE THE LINK BELOW TO ACCESS - Issue 70 of Sharing the Good News. The current issue can be linked to and downloaded from the home page of www.catholicbishops.ie.

**Every week during Advent the Diocese are sending us notifications on the Synod.
We will add another thought and intention each week from the Living Church Committee!**



THE SYNOD ON SYNODALITY: PREPARING OUR HEARTS AND MINDS

Pope Francis has invited every Diocese around the world to participate in the Universal Synod on Synodality. This Synod is a process of journeying together. As the Church, we will listen to each other, dialogue with each other, pray together, discern together, and make decisions together for the purpose of proclaiming the Gospel of Jesus Christ to the world! Listening and speaking within the Church always involves prayer. We are listening, dialoguing, and praying together so that we can hear the voice of the Holy Spirit.

The starting point of this journey begins with our own personal prayer and reflection. *"Prayer opens hearts. It opens the ear to a listening that is more than hearing and makes us attentive to the action of the Spirit in our lives."* (Cardinal Grech) In your prayer this week we ask that you pray for the success of our synodal journey and that you take time to reflect on the needs of the people in your community. This week we encourage you to pray with the prayer used at the Second Vatican Council.

Adsumus Sancte Spiritus.

We stand before You, Holy Spirit, as we gather together in Your name. With You alone to guide us, make Yourself at home in our hearts; Teach us the way we must go and how we are to pursue it. We are weak and sinful; do not let us promote disorder. Do not let ignorance lead us down the wrong path nor partiality influence our actions. Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right. All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever. Amen.

The Synod on Synodality: Preparing to listen

Pope Francis has affirmed that: "A synodal Church is a Church which listens. The faithful People, the Bishops, all listening to each other; and all listening to the Holy Spirit." Listening from a place of prayer is the foundation of our synodal process, and it requires an open mind and heart, without prejudice.

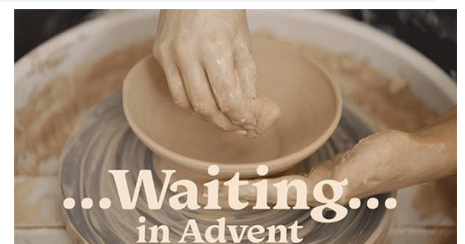
As pilgrims on this synodal journey we recognise that no one person has the answer and that through authentic listening everyone has something to learn. The faithful people, the college of bishops, the Bishop of Rome: all listening to each other, and all listening to the Holy Spirit.

This week we pray that we will be a listening church; listening to the Holy Spirit prompting the Church to be attentive to the missionary dream of God's love reaching everyone and inspired by God's love that we reach out to care for all humanity. This week we invite you to pray; **Come Holy Spirit,**

Make our ears to hear, make our eyes to see, make our mouths to speak, make our hearts to seek, make our hands to reach out and touch the world with your love. Amen.



Shalom
tidings
A new lifestyle magazine



SHALOM
MEDIA



SHALOM
WORLD



SW PRAYER



SHALOM
TIDINGS



PEACE
FELLOWSHIP

THE ISLAMIST INSURGENCY IN BURKINA FASO HAS DISPLACED OVER 1 MILLION PEOPLE. THE TERRORISTS HAD SPECIFICALLY TARGETED CHRISTIANS, FORCING MANY TO FLEE. THE LOCAL CHURCH IS HELPING TO SUPPORT THESE DISPLACED FAMILIES.

By ACN Staff

A displaced Christian family in Burkina Faso. (Credit: Aid to the Church in Need)

Since 2016, there has been a growth of terrorist attacks in the north of Burkina Faso by Islamist terrorists. **Bartholomew is a Catholic and a father of seven from Dablo in the north of Burkina Faso.** Before the insurgency, Bartholomew **made his living by farming and keeping livestock.** He and his family had a simple and peaceful life. The majority of the local people were not Catholics, but **the local Catholics had a small chapel** to practice their faith. A local priest was assisted by eight catechists in ministering to the faithful.



Fr. Simeon Yampa. (Credit: Aid to the Church in Need)

Bartholomew and other Catholics in Dablo had a peaceful existence. That is until the Islamists arrived. **In 2019, there was a dramatic increase in terrorist attacks, with local Christians, the majority of whom are Catholics, being deliberately targeted.** Many Christians were killed, and others were forced to flee their homes. Bartholomew tells us about how the Islamist insurgency reached him and his family:

*"The terrorists surrounded the church and forced their way in, fully armed, shooting at us. **They killed five people and the priest as well.** I can still see their faces. Some of them had revolvers; others held steel bars in their hands...**After that, they dragged everything together, the benches, liturgical items and books, in the centre of the church and set fire to it.** They ordered all the women to cover their heads and stole our motorcycles. We ran out of the church. **I can only thank the Lord that they didn't kill me and my family as well.**"*



The priest who was killed by the terrorists was **Father Simeon Yampa.** He had been at the parish for about a year at the time of the attack. **Instead of trying to flee, he had tried to mediate with the terrorists. He was killed on Good Shepherd Sunday.**

The day after the attack, **Bartholomew and his family fled.** Bartholomew cycled on a bicycle while his wife, Antoinette Sawadogo, drove with the children in a car. Bartholomew and his family **had to leave behind all their possessions and livestock, which was their livelihood. They travelled 195 km (120 miles) to Ouagadougou, where Bartholomew's oldest son lived.**

Sadly, Bartholomew's story is not unique. There are around **1.3 million internal refugees in Burkina Faso** who have been displaced by the Islamist insurgency.

Christmas in Ouagadougou. (Credit: Aid to the Church in Need)
The Church has stepped forward to help these refugees, many of whom, like Bartholomew, had to leave behind all they owned to flee. It has not been easy for the local Church to organise the help that was needed on such short notice, but the local faithful trust that God will provide.

Bartholomew told ACN what Christmas was like before his family was displaced by the terrorists:

*"In Burkina, traditionally, on Christmas Day **the parents would***



try to organise a family celebration because Christmas is the feast of the children. After Mass, the parents would prepare dishes of rice and other things, and we would all visit one another dressed in our best clothing. The children would make Christmas cribs which they took round all the houses, singing and praising the Lord. It was a very beautiful feast."

Bartholomew explains now they share what little they do have a Christmas with others. But something is missing, and things are not the same as they were before the insurgency.

SUBSCRIBE TO THE MIRROR