

# 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

## 31st Sunday, Year A – 19<sup>th</sup> November 2023 – World Day of the Poor

Your prayers are requested for

### Recently Deceased:

Willem Kane  
Meriel Rhodes  
Brieger Rice (Belfast)

### Month's Mind:

Gerry McKeown

### Anniversaries:

Margaret Forte Maureen Duffy  
Antony Mulligan Paddy Mulligan  
Rita & John Finlay  
Marion McLarnon Tom McKillop  
Patricia Hanna Alice Carvill  
Walter & Rose Gethin  
Catherine, Patrick & Maureen Reilly  
Kathleen Horan (nee McPoland)  
Catherine Storey

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 19<sup>th</sup> November 2023 @ 9.00am

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 18<sup>th</sup> November @ 6.30pm and  
Sunday 19<sup>th</sup> November @ 10am & 12noon

### MASS TIMES FOR:

**DAILY MASS NEXT WEEK 20<sup>th</sup> -24<sup>th</sup> November 2023**

**Morning Mass: Tues - Fri @9.30am**

**Monday @9.30am – Eucharistic Service led by Sr Maura**

### BAPTISM REGISTRATION

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

**trocaire**  
Working for a just world.

Please join us for our Trocaire Christmas Coffee Morning on **Sunday 26<sup>th</sup> November** after both Masses

- Big Ballot Prizes
  - Tombola
  - Bottle Gift Bags
  - Toys
  - Trocaire Gift Christmas Cards
- EVERYONE WELCOME**

### Violet & Seamus Bowler

invite you to attend  
a Tea & Coffee morning  
at their home

23 Dellmount Road,  
Bangor, BT20 4TY

Tuesday 28<sup>th</sup> November  
10:30am - 12:30pm



07759 911 469

All proceeds going to NI Hospice

### COLUMBANUS FESTIVAL

Commemorating the life and legacy of Columbanus

BELLS  
BELLS  
BELLS



The theme of bells is chosen for this year's Columbanus Festival programme. The monastic bells, played an important role in early medieval times to call the monks to prayer or warn of impending danger.

Bell Ringing • Monastic Bell Lecture  
• Bell Walk • Columbanus Cultural Evening • Columbanus Church Service  
• Bangor Bell Print Workshops

24th - 26th November 2023

For further information on events, please visit [www.friendsofcolumbanusbangor.co.uk](http://www.friendsofcolumbanusbangor.co.uk)  
With the exception of the Church Service, all events must be booked online at [www.visitorandsandnorthdown.com](http://www.visitorandsandnorthdown.com) or in person at Bangor or Ards Visitor Centres or call 028 9127 0069



### Confirmation preparation classes for children not attending the parish schools.

The above classes will begin in the parish centre on **Sunday 14th January 2024 at 10:30am** for preparation of the sacrament.

Parents are asked to contact the parish office with their details.

The classes are open to children currently in P7 and older and a parent/guardian is requested to attend with their child.

The closing date for applications is **Tuesday 12 December 2023** (please note there will be limited numbers).

### ARDS CCE CHRISTMAS EXTRAVAGANZA CONCERT

This concert will take place Saturday 3<sup>rd</sup> December in St Comgall's parish centre at 5.30pm. An evening of traditional Irish Christmas music with song and dance. Tickets £5 from Thomas' shop or pay at the door, great ballots and tea/coffee.

Cap on the wall Christmas Special Friday 15<sup>th</sup> December with guests and champion dancer Lynsey Smyth. Imperial Bar function Rooms, doors open 7.30pm. Tickets £10 from Thomas' shop or Eventbrite.

**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
<b>BOOKING OF PARISH CENTRE:</b> Contact Thomas <b>only</b> on 07305 746 263 or Email: <a href="mailto:mcmullanthomas481@gmail.com">mcmullanthomas481@gmail.com</a>				
<b>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: <a href="mailto:bangor@downandconnor.org">bangor@downandconnor.org</a></b>				



[Columbanus Festival 24-26 November 2023](#)

Columbanus Festival collage of images  
[www.visitardsandnorthdown.com](http://www.visitardsandnorthdown.com)

Dear Friend of Columbanus Bangor

I am delighted to announce the programme for this year's Columbanus Festival. We have chosen the theme of 'Bells' which resonates throughout the programme. Monastic bells played an important role in early medieval times to call the monks to prayer or warn of impending danger. The programme includes:

- Bell Ringing
- Bangor Bell Print Workshops
- Monastic Bell Lecture
- Bangor Bell Walk
- Columbanus Cultural Evening
- Columbanus Cross-Community Church Service

In addition to the advertised programme above, Columbanus Storytelling will take place in six Bangor Primary Schools delivered by award-winning author, storyteller and FoCB member Marianne McShane. We are also hosting a Columbanus event for the Ukrainian community in the Bangor area.

We would appreciate your help to promote the Columbanus Festival by forwarding the attached digital flyer to your friends, family and other contacts. Bookings can be made online by visiting <https://www.visitardsandnorthdown.com/whats-on/november-events/columbanus-festival-2023>



**Senior Citizens' Christmas Lunch**



The Bangor Conference of the Society of St. Vincent de Paul cordially invites senior citizens of the parish to a Christmas Lunch on **Sunday 3<sup>rd</sup> December 2023 in the Parish Centre at 1.00 p.m.**

Lunch will be free of charge and lifts will be organised to and from the Parish Centre for those who are unable to provide their own transport. If you wish to attend please ring the Bangor SVP Helpline number **07703679384** before Tuesday 21<sup>st</sup> November at the latest and leave your name, address and phone number. Please state if you require a lift.

**Note to Drivers**

If you are able to assist us by providing transport to and from the Parish Centre for those attending the lunch, please ring the Bangor SVP Helpline number **07703679384** before Tuesday 21<sup>st</sup> November and leave your name and phone number. We will contact you to make arrangements.

**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**

**Slow Down for Advent: Space and time for you and God to get ready for Christmas together. Led by Breige O'Hare. 11am – 3pm, Saturday 25 November 2023. Holy Rosary Parish Hall. Ormeau Road. Bring lunch. Tea/coffee provided. Donation £10. Very popular day, so booking is essential via [breigohare@firststepwell.com](mailto:breigohare@firststepwell.com) or by ringing 07565502662**

**STOREHOUSE BANGOR CHRISTMAS APPEAL**

As Christmas approaches, we are aware that many will need help. In the first two weeks of December, we will again be giving out approximately 400 hampers. Please do consider supporting us with the usual groceries but also with Christmas fayre eg, mince pies, small Christmas cakes and puddings. **These cannot be given out if they contain alcohol.** Please bring this to the attention of your congregation. We also add chocolates, selection boxes, bottles of Shloer, shortbread and boxes of biscuits, tins of ham, cranberry sauce and those treats that help to make Christmas special. We hope to start making up our hampers in the week beginning 4th December. Our last day for Christmas hampers will be 15th December. This means that we really need our Christmas goodies with us at the beginning of December. Thank you for your help

**LEX DEI**  
**IN CORDE MEO**

**ST COLUMBANUS' COLLEGE**  
IN ASSOCIATION WITH  
**CANCER FUND FOR CHILDREN**  
PRESENTS

**LEGENDS NIGHT**

**LOCATION:** St. Columbanus' College Assembly Hall  
**DATE:** Thursday 23rd November  
**TIME:** 7.30pm  
**PRICE:** £10

The following Legends have confirmed their attendance... Willie Anderson, Marissa Callaghan, Conor McManus & Davy Fitzgerald. Nicola McCarthy (BBC Sport) will be compere.

To purchase tickets, please contact the following email address:  
[kblaney724ec2kni.net](mailto:kblaney724ec2kni.net)

cancer fund for children

## Registration for *Pathways to the Future* November Meetings

Your parish has been allocated to the meeting to be held on **Monday 20 November in St Patrick's Parish Centre, 71 Upper North Street, Newtownards**. Invitations to this meeting are being extended to parishes that would form part of the suggested Down 5 and 6, and Belfast 22 Families of Parishes.

Registration to attend the meetings will open to all parishioners from **Sunday 5 November**. Parishioners will be asked to contact their relevant Parish Office to register. Parishes should upload the registration details via the following link <https://forms.office.com/e/ELwX8ugtuM>.

Email and telephone contact details will be required as part of the registration process.

Following the recent communication of dates and venues for the Pathways to The Future Autumn Launch, we are confirming the time of all meetings is 7pm-9pm. Full details of times and the venue address can be found when you click on the booking link. We look forward to being with you and engaging in more conversations.

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**St. Pats Does Strictly Christmas is taking place in St. Patrick's Hall Newtownards on Fri Dec 1 and Sat Dec 2 at 7pm and Fr. Martin is once again taking to the floor. Tickets are £15 which includes a welcome drink on arrival and are available from Thomas McMullen.**

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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 Dymrna's room , St Comgall's parish centre, 7.30pm on Monday evenings, 27th Nov, 4<sup>th</sup> Dec, 11<sup>th</sup> Dec and 18th Dec.

**All welcome, children to be accompanied.**

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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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## 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)

The countdown to the launch of St Vincent de Paul's Christmas Appeal has begun.

We will be launching this year's annual appeal with SVP Presents An Evening of Seasonal Songs in Clonard Monastery on 19 November.

Tickets are available now for what promises to be a magical evening of music:

<https://www.svp.ie/an-evening-of-seasonal-songs/>

**OTHER NOTICES:**

**“The Enneagram – Understanding Yourself and Understanding Others”**

*Residential weekend course at Drumalis, Larne (24-26 November 2023) led by Nano Cluskey together with John Friel and Liam Cluskey*

The Enneagram is an excellent psychological/spiritual tool which helps us to understand ourselves and others. It helps us make better decisions especially during stressful periods. This introductory course is aimed at people interested in self-development and also useful to those who have participated in previous Enneagram courses who feel the need to refresh and deepen their knowledge. For further information, please email [drumalis@btconnect.com](mailto:drumalis@btconnect.com) or phone Drumalis during office hours (Mon-Fri, 9 am-5pm) - 028 28276455/028 28272196

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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