

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: Monday to Friday, 9.30am-1.30pm

Sunday Mass Times This week:

Bangor:

Vigil 6.30pm;

Sun 10.30am & 12.30pm

Donaghadee:

Sun 9.30am.

Ballyholme:

Sun 11am.

~~~~~

## Weekday Mass Times:

### **Bangor:**

Monday - Friday 9.30am.

### **Ballyholme:**

Mon & Fri 9am.

~~~~~

Confessions:

Bangor: Sat 5.30 pm.

=====

Grateful thanks to a parishioner for the recent donation of £1,000 to the Refurbishment Fund.

=====

Weekend Mass in the Pastoral Communities Holywood:

Vigil 6.30pm;

Sun 10am & 12noon.

~~~~~

## Newtownards:

Vigil 6.30pm;

Sun 11.30am.

~~~~~

Comber:

Sun 10.00am.

=====

Baptisms: 1st and 3rd Sunday of the Month at 2pm. Register online at www.bangorparish.com under **Sacramental Preparation**.

2 month's notice required.

~~~~~

## Children's Liturgy:

Every Sunday at the 10.30am Mass for children from P1-P7. Parent consent forms must be signed.

~~~~~

Perpetual Adoration

St Comgall's Church,
Bangor Monday 10.30am
to 9.30pm

=====

**St Vincent de Paul
Helpline 077 0367 9384**

1st Sunday of Lent - 10 March 2019

Pope Francis' Message for Lent 2019

The theme of Pope Francis' message for Lent 2019 is 'For the creation waits with eager longing for the revealing of the children of God (Rm 8:19)'.

Appealing to the faithful to not allow this season of grace to pass in vain, Pope Francis says that if, "the Lent of the Son of God 'was an entry into the desert of creation to make it become again that garden of communion with God' that it was before the original sin, Christians today are invited to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving."

Next Weekend,

St Patrick's Day the Irish Language Collection will be taken up outside the Church at all Masses.

Support for the Bereaved

If you need to talk to someone about your bereavement, a member of the Bethany Bereavement Support Group can be contact on the Confidential mobile number: 075 1085 2157

Parish Envelopes 2019-2020.

The new parish envelopes are now available for collection for **ALL THE PARISH** in the Parish Centre after all masses this weekend 9th & 10th March. The envelopes for Donaghadee and Ballyholme will be available on the following dates 23rd & 24th March within each of the Parish Churches. If any parishioner does not have envelopes and would like some please contact the parish office. There is availability to donate to Gift Aid all contributions. If you would more information on any of these items please contact the Parish Office during office hours. Mon-Fri 9.30am-1.30pm.

Seeing Your Life Through the Lens of the Gospels Luke 4: 1-13

1. The temptations were a step for Jesus in his growing understanding of his mission and of his relationship with his Father. Can you look back at some painful experiences and acknowledge that you have grown through them, both in your knowledge of yourself, and in your relationships with others and with God? Give thanks for the guidance of the Spirit of God in these times.
2. Behind each of the specific temptations is a basic temptation to lose trust in God. Jesus resisted this because he recognised his complete dependence on his Father. How have you come to recognise your life and the whole world as gifts from God?
3. One can enter into each of the temptations singly. There may be ones that you have experienced: The temptation to power; The temptation to give priority to bodily needs and satisfactions; The temptation to seek to be the centre of attention. How have you grown through wrestling with these temptations.

John Byrne OSA, E: jbpb Byrneosa@gmail.com

Saint Vincent de Paul would like to thank parishioners for their support for the recent cake sale in the Most Holy Redeemer Ballyholme, which raised the magnificent sum of £360.

TROCAIRE BOXES AVAILABLE AT THE BACK OF THE CHURCH.



Your prayers are requested for:

Recently Deceased: Brendan O'Reilly
Month's Mind: Anne McBurney

Anniversaries:

Derek Finnegan, William Finlay, Mary Finlay, Kathleen McMahon, Peter Thompson, Patricia Gray, Anne McAlea, Sheelagh McDonald, Margaret McAnulty, Eamonn O'Reilly, Jack Doyle, Isobel Doyle, Colin Doyle, Maura McLaughlin, Mary Anderson, Damien Morrow, Brigid McArdle, Jim Carey, Stella Morrow, John Magill, Hannah Carlin, Sean Lemon, James Williamson, Marie McNeill, Lily Jamison, Mary Feeney.

For inclusion in the Bulletin Notices, notices need to be in to the Parish Office before 1pm on Wednesdays

DATES FOR YOUR DIARY! –

Ards cce would like to say a huge thanks to the great crowd at Friday night's concert past and all the performers. The new Ards cce CD 'the journey' is now available at Thomas' shop priced £10.

SUNDAY 10TH MARCH

A Quick Journey through the Bible: A series of talks on an overview of the Bible by DVD. An excellent introduction for those who may not be too familiar with the Bible. They will be shown at the Monastery in Portglenone on the Sun evenings during Lent at 5pm. All welcome. Contact the Monastery or Thomas Carey on 079 6762 0435 for further details.

WEDNESDAY 15TH MARCH

Tobar Mhuire. First of our Lenten Talk Series: The Beatitudes of Pope Francis with Dr Aidan Donaldson at 7pm. All welcome. Voluntary donation.

WEDNESDAY 15TH MARCH

Down and Connor Youth Team 'Strictly Come Dancing' in aid of the Lourdes Pilgrimage. Join us for a superb evening of entertainment in Carryduff Parish Centre at 7.30pm. Ticket £15 for Adults, £7.50 for children. Can be ordered through the Carryduff Parish.

SATURDAY 30TH MARCH

The Iona Institute NI welcomes you to our upcoming conference, "The Future of Conscience in an Age of Intolerance" 10 am - 1.30pm (Registration opens 9.30am) Wellington Park Hotel, Malone Road, Belfast BT 9 6RU £10 Adults £5 student (includes tea/coffee/scones). Speakers include Nuala O'Loan (DBE), Dr Helen Watt (Ancombe Bioethics Centre Oxford) Benedict Ó'Floinn SC, and David Smyth (Evangelical Alliance). To book or to request further information, please email ionainstitute@gmail.com or call 02892646861

FRIDAY 5TH APRIL

St. Patrick's in N'Ards is hosting 'Friday night is Music Night' in the Parish Centre at **8pm**. Tickets are £15 including a light supper and the proceeds will go towards the restoration of the interior of the Church. Office on 9081 2238 or drumbo@downandconnor.org

FRIDAY 5TH TO SUNDAY 7TH APRIL

SHALOM RETREAT – in Drumalis Retreat Centre, Larne. Be a part of this exciting weekend where you will rekindle your identity in Christ! Prayer, praise, reconciliation, Mass and encouragement for the journey

ahead. A retreat that will shine the light of Christ into your heart and lead you to forgiveness, freedom and healing. Book now £150 per person. Full board with coffee/tea breaks. Contact Roshni George T:07737 430 680 or Jacinta T:07756 225 114. Register at Fri 10am-Sun 4pm. www.shalommedia.org/retreat

THURSDAY 6TH APRIL

The MIC Thurles Student Experience Day will take place in MIC St Patrick's Campus, Thurles. If you're interested in a career in education then this is the event for you. Register your interest for the day and find out more at www.micopenday.ie

Diocesan Pilgrimage to Lourdes Full Board in hotel: 7 nights (9-16 July) £725 or 5 nights (10-15 July) £650. Full board for sick or infirm pilgrims with medical and nursing care in Accueil Notre-Dame: 5 nights (10-15 July) £550. Youth team (7-16 July) £590. All flights from Belfast Int'l Airport. Application forms available from the Parish Office.

Diocesan Pilgrimage to Lourdes Full Board in hotel: 7 nights (9-16 July) £725 or 5 nights (10-15 July) £650. Full board for sick or infirm pilgrims with medical and nursing care in Accueil Notre-Dame: 5 nights (10-15 July) £550. Youth team (7-16 July) £590. All flights from Belfast Int'l Airport. Application forms available from the Parish Office.

Bangor Abbey Parish, 3rd Thursday alternative months Hearing Aid User Support Service is a free service funded through the Health & Social Care Board – Dates: 11th April, 13th June, 8th August, 10th October, 12th December. Address: St Malachy's Way, Bangor, BT20 4JF More details contact Hazel Wilson T:07342-994453 or E: hazel.wilson@hearingloss.org.uk

LENTEN PIONEER PLEDGE

Many people choose to abstain from alcohol during Lent. Why not take this opportunity to perhaps help yourself or someone you know with an alcohol or drug problem by offering your sacrifice for freedom from addiction? Please consider taking the short term Lenten Pledge and make a difference to someone's life. Register your pledge with local Pioneers and say the daily prayer.

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

The Meaning of Lent @catholicbishops

The English word 'Lent' comes from the Anglo-Saxon word Lencten, meaning 'Spring'.

In other languages the word comes from the Latin, *Quadragesima* – a period of 40 days.

In the Christian tradition the forty days is understood to refer to a time of intense prayer and preparation; we remember the biblical stories of Noah and the flood of 40 days, the forty years the Israelites spent wandering in the wilderness and Christ's forty day fast in the desert in preparation for his earthly ministry.

Archbishop Eamon Martin's invitation to #LiveLent2019

Archbishop Eamon Martin has launched a special web resource, and a Twitter and Instagram #LiveLent initiative, for Lent 2019 which begins on Ash Wednesday 6 March. Archbishop Martin said, "In his message for Lent 2019, which I encourage everyone to read, Pope Francis is inviting the faithful to return to God with all their hearts and to observe the three pillars of the Lenten season: Prayer, Fasting and Almsgiving. The theme for the Pope's message for Lent 2019 is 'For the creation waits with eager longing for the revealing of the children of God (Rm 8:19)'.