

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

1st Sunday in Lent - 1st March 2020

SUNDAY MASS TIMES This weekend:

Bangor: (BRUNSWICK RD)
Vigil 6.30pm;
Sun 11.00am
Donaghadee:
Sun 9.30am.
Ballyholme:
Sun 12.30pm.

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WEEKDAY MASS TIMES: BANGOR PARISH, BRUNSWICK ROAD WEEK DAYS AT 9.30AM

CONFESSIONS:

BANGOR: SAT 5.30 PM AND
AFTER ALL MASSES.

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**Weekend Mass in the
Pastoral Communities**
Holywood: Vigil 6.30pm;
Sun 10am & 12noon.
Newtownards:
Vigil 6.30pm; Sun 11.30am.
Comber: Sun 10.00am.

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

Sacramental Preparation.
2 month's notice required.

PERPETUAL EUCARISTIC ADORATION

EVERY MONDAY
10.00AM TO 9.30PM

VENUE: **ST COMGALL'S
CHURCH, BRUNSWICK RD.**

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**St Comgall's Church
MARIAN PRAYER GROUP**
Every Thursday during Lent
The Rosary of the Passion of
Christ will be said at 6.15pm.
All Welcome.

Many thanks for the
parishioners who
donated **£1,000,
£100, £100 & £200**
respectively, towards
the Parish
Refurbishment Fund.
The continued support
is very much
appreciated.

SAVE THE DATE!! SATURDAY 14th MARCH!!

Bangor Parish will be hosting a **Saint Patrick's Day
Party** in the Parish Centre. Eight to Late! Music
(Cap on the Wall), Ceili, Irish Disco and much more.
Full licensed late bar with hot finger buffet.
Strictly over 18's. Cost £10. Tickets can be bought from
Thomas McMullan T:07305-746263
Proceeds in Aid of the Parish Centre & Trocaire.

SATURDAY 21st MARCH St Comgall's Bangor Marian Prayer
Group invites you to a **Annual Lenten One Day Retreat** with the
Mother Teresa nuns (Missionaries of Charity) in their house in
Armagh. A bus has been organised to pick up in Portaferry, 7.30am-
The Square; Bangor 8.05am-Brunswick Rd; Holywood, 8.25am-
Spafield Carpark. If you would like to book a seat, cost £10 each
please contact Jacinta on 07756 225 114.



Your prayers are requested for:

Recently Deceased:

Jerry Carr, Margaret Murphy.

Month's Mind: Tommy Jennings, John McMullan

Anniversaries: Derek Morgan, Annette Elms, Brendan Barr,
Kevin O'Kane, Margaret Worland, Marie Leavey, Peter
Thompson, Phil Trist, Margaret Shannon, Patrick Shannon,
Siobhan Shannon, Mary Drew, Martin Drew, Thomas Drew,
Muriel Drew, Martin Drew(jnr).

WHAT ARE YOU DOING FOR LENT?

Starting this week!

Join Bangor Parish on a 5 WEEK JOURNEY with Jesus as we
look at the 'Greatest Love Story Ever Told'.

Thursdays - 7.00pm-7.45pm. For those who want
to join the Marian Prayer Group we will be starting the
evening with the Rosary at 6.15pm for a ½hr
meditation on the Passion of Christ.

Starting March - 5th, 12th, 19th, 26th & April 2nd
We invite all parishioners and their families to take part.
The programme will be organised by some students
involved with the John Paul II Awards and some other
students from the parish. Come and support us!

Seeing Your Life Through the Lens of the Gospel of Saint Matthew 4:1-11

- In today's gospel Jesus is enticed to gratify his own needs, or to perform some spectacular act in public. He rejects the temptation because he chooses commitment to his mission and dependence on his Father over any immediate gratification. We can all be tempted to go for some immediate satisfaction, sometimes there is more contentment in saying 'no' for the sake of some long term goal? What are the goals, aims and values that inspire you in this way?*
- We journey into the desert as we begin Lent 2020, and we are encouraged to embrace the richness of this time and the possibilities that lie within. The desert can be unappealing, we may feel challenge, but the potential is enormous. What changes will we make this Lent? What new ways to pray will we embrace? God is in it all.*

John Byrne OSA, E: jbpbyrneosa@gmail.com

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

**Bethany
Bereavement
Support Group**
we are here to support
and listen. Confidential.
075 1085 2157

SUNDAY CAFÉ
continues in the
PARISH CENTRE
every Sunday after
11am Mass.

Fresh filtered coffee /
tea and something
sweet! All welcome.
Let's build community
together!

WELCOME ROTA DURING MARCH

6.30 pm Mass
Anne McCabe &
Maxine Galway
11.00 am Mass
Marian Murray &
Charlie McMullan

St Comgall's Church,
Donaghadee -
Holy Hour and
Exposition
on **Sunday 1st March**
at 2.45pm sharp.
Everyone welcome.

CHURCH GALLERY

Brunswick Road
Due to the steepness
of the stairs it is
requested that babies
in arms and children
under 8 years of age
not be brought into
the Gallery.

PARISH CENTRE to view all the groups please go to the website www.bangorparish.com

Baptism Course – 2nd Tuesday of the Month Venue: St Columbanus & St Cecelia Rooms
Pre-Sacramental Parents & 7.00pm until 7.45pm [Through the green fence 2nd Floor of Parish Centre]
God-parents Evening.

SACRAMENTAL PREPARATION CLASSES

All classes held after 11am Mass in the Parish Centre.

- Holy Communion Date - **16th May 2020** at 10am & 1pm.
- Holy Communion and First Penance Classes - Venue: St Dymphna's Room.
- Confirmation Date – **20th May 2020** at 5pm.
- Confirmation Class - Venue: St Columbanus Room, 2nd floor of Parish Centre.

DATES FOR YOUR DIARY! AND OTHER NOTICES....

LENTEN TROCAIRE BOXES CAN BE FOUND IN THE PORCH OF THE CHURCH.

St Joseph's Young Priests Society.

The latest addition of The Sheaf, the quarterly magazine of the Society, is available at the back of the church. There are also; Blue "thank you cards" thanking you for your support in the past. On the reverse of the cards are statistics showing the expenditure over the last three years, the number of students assisted, and the number of new Priests ordained. Leaflets explaining the work of the Society.

Ards CCE Trad Music Classes every Saturday in St Columbanus' College for all trad instruments and all levels. More info contact Niall Mc Clean 07960072218.

TUESDAY 3RD MARCH TO THURSDAY 5TH MARCH

Lenten Mission - 'Say it to God: Reimagining Prayer this Lent'. Over three evenings from **March 3-5**, Frs Darren Brennan, Conor McGrath and Damian McCaughan will preach on the theme of prayer in the **Catholic Chaplaincy at Queen's University**, Elmwood Avenue. Talks take place from 7pm to 7.30pm followed by Holy Hour. Confessions available. All welcome.

WOMEN'S WORLD DAY OF PRAYER FRIDAY 6TH MARCH

Venue: The Most Holy Redeemer Church, Ballyholme at 11am will be hosting the Women's World Day of Prayer which has been prepared by the people of Zimbabwe. Theme: 'Rise! Take Your Mat and Walk'.

Venue: Donaghadee Methodist Church, Praying with Zimbabwe @ **3pm** A service for everyone. ALL WELCOME TO BOTH OR EITHER EVENT.

FRIDAY 6TH MARCH

The CONSUMER COUNCIL is holding its fourth annual Consumer Parliament on, 10am to 2pm. The free event is to help consumers in Northern Ireland learn about their consumer rights, how to manage their household bills and how to save money. The event is free to attend and a hot lunch is provided. It is being held in Assembly Buildings Conference Centre, Belfast. More information and free registration at www.consumerCouncil.org.uk/consumerparliament2020

SATURDAY 7TH MARCH

First Saturday Devotion of Reparation as requested by Our Lady of Fatima will take place in St Joseph's Church, Killough, Chapel Street, BT30 7QJ Exposition of the Blessed Sacrament 8.30am; Sacrament of Reconciliation from 8.30 to 9.45am; Rosary of the Blessed Virgin Mary at 9.00am; Meditation on the Mysteries of the Rosary at 9.30am, Holy Sacrifice of the Mass at 10.00am.

DIOCESAN VOCATION WEEKEND

FRIDAY 6TH – SUNDAY 8TH MARCH

Have you ever considered the possibility that God is calling you to the priesthood? If so, take this opportunity to gather with other men who are discerning a vocation to the priesthood. This retreat will create the time and space to help you discern God's calling in your life.

The retreat will take place in Drumalis Retreat Centre. If you wish to attend this retreat or would like further information contact: Fr Gunn or

Fr. Kevin McGuckien
23 Hannahstown Hill, Belfast, BT17 0LT (028 9061 4567)
Email: k.mcguickien@downandconnor.org

ST VINCENT DE PAUL – CLARE LODGE 16th-18th March 2020

2 nights full board, £90 per person sharing. £110 single room occupancy. For further details please contact Clare Lodge 02843722849 or email clare.lodge@svpni.co.uk

DIOCESAN PILGRIMAGE TO LOURDES 2020

Full board in hotel: 7 nights (7-14 July) for £725 or 5 Nights (8-13 July) for £650. Full board for sick or infirm pilgrims with medical and nursing care in Accueil Notre-Dame: 5 Nights (8-13 July) for £550. Youth Team (5-14 July) £590. All flights from Belfast International Airport. Application forms now available from the Parish Office or for further information contact the Pilgrimage Office on (028) 9077 0162 email: Lourdes@downandconnor.org or visit www.downandconnor.org/Lourdes

SUNDAY 8TH MARCH

Ards CCE 'Spring Concert' Saint Columbanus' College at **6pm**. £5 at door/kids free. Great Ballots.

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."

Extra notices on the website page!

5 page Bulletin. All notices and anvs. notices need to be received by Wednesday at 1pm to be included.

Extra Notices! For your information!

St Comgall's Girl Guide Unit, Brunswick Road, Bangor.
Voluntary Girlguide **Youth Coaches Needed**
Thursday Night. Cygnets: 5.45pm To 6.30pm.
Brigini/Guides: 6.30pm To 8pm.
No experience required, as full training will be given. Age 18+. No Upper Age Limit. We Would Encourage Women Of All Ages To Apply. If you want a few hours of fun, friendship, to contribute to this community, awards for your cv and much more: Then email: stcomgallsguideunit@gmail.com

Beginning Experience - Are you suffering the pain of loss of a partner? Looking for help and understanding? Beginning Experience (a support group for widowed, separated and divorced people) meets **every Wednesday** evening from 8pm to 10pm, in St Bride's Hall, Derryvolgie Ave., Malone Rd., Belfast. All welcome. For details please contact Phil Tel: 028 90 207645 or Marie Tel: 07896119669.



Accord provides a counselling service for any couple who are experiencing difficulties or challenges in their marriage. The Belfast Centre is situated in Twin Spires Centre, Northumberland Street, Belfast. Tel No- 02890339944. Email-belfast@accordni.com

SATURDAY 21ST - SUNDAY 22ND MARCH

Preparing for Marriage? Catholic Engaged Encounter. A two day non-residential course will be held in Castle Community Centre, Ballymoney on 21-22 March 2020. This weekend is a positive way of preparing for Marriage where you will discover how you can enrich your future relationship. Information/Booking: marriageencounter.ie or 028276 38512

SMA Retreat and Conference Centre, Dromantine LENTEN PROGRAMME

LENTEN DAYS of Recollection

Lord, open my heart as wide as it can open'
by Fr. Damian Bresnahan SMA

14th March: 9.30am – 5.00pm (inc. Lunch - £25)

'Remember – you're worth it!'

by Fr. John Gallagher SMA

28th March: 9.30am – 5.00pm (inc. Lunch - £25)

LENT AT TOBAR MHUIRE

Ash Wednesday. A conversation on forgiveness between Alan McBride and Jude Whyte, two people who been faced with the challenge of forgiving those who perpetrated awful deeds upon their loved ones. Session begins at 7.30pm. *Voluntary donation towards Belfast Welcome Centre.*

Lenten Scripture Course with Fr. Oliver Treanor. A four week series on the Wednesdays of Lent, in which Fr. Oliver Treanor invites us to see the meaning of the Cross in God's plan and as a way of achieving the fullness of life. Begins at 7.30pm and concludes at 9.00pm sharp. Voluntary Donation. **Take Off Your Shoes – You are Standing on Holy Ground!** A three week course, March 1st; March 8th; March 15th, to explore the beauty of Eucharistic Adoration and ways of developing best

- Job Vacancy –

Holy Family Catholic Primary School,
Kent, England

Vacancy: KS2 Class Teacher

Post available with immediate effect
Grade: MPS

Contact: 01622 756 778

<https://www.holyfamily.kent.sch.uk/>

The Holy Family Catholic Primary School
Bicknor Road, Maidstone, Kent, ME15 9PS

SATURDAY 14TH MARCH

Fr. Gerry Campbell and a team from Armagh Archdiocese will be leading a day on **Unbound - Freedom in Christ** 9.30am - 5pm at St. Bride's Hall, 38 Derryvolgie Avenue, Belfast.

UNBOUND Ministry is an approach to deliverance and healing prayer developed by Neal Lozano. The focus is a safe, loving, effective prayer model that helps people to respond to the good news of the gospel. It applies the truth to our lives by using five basic responses called the Five Keys.

The day is hosted by Divine Healing Ministries and tea and coffee will be provided through the day. Please bring a packed lunch. Information on further training taking place in Down and Connor Diocese will be provided. All are welcome to this day, particularly if you feel a call to have more of the Lord's freedom in your life or to see more fruit in praying for others. You can register your interest by contacting Fergus McMorrow on 07526 056059 or by email f.mcmorrow@gmail.com.

"Unbound Ministry is a vital part of the new evangelization because, through a simple method of prayer based on the Gospel, it helps us help others in moving beyond their spiritual obstacles into a deeper relationship with Jesus Christ". –

Most Rev. Charles J. Chaput, Archbishop of Philadelphia

UNITED IN PRAYER IN THE COMMON PURPOSE OF CHRISTIAN TEMPERANCE

The liturgical season of Lent helps us prepare for the great feast of Easter, and for the forty days of Lent (where Sundays are excluded in the counting of the days), we commit ourselves in a special way to prayer, almsgiving, denial of self and ego, and acts of penance. It is, essentially, an act of prayer extended for forty consecutive days that takes us on a spiritual journey that, hopefully, will bring us closer to God. The number 'forty' is mentioned well over a hundred times in the Bible as it held special spiritual relevance in both the Old and the New Testaments with regard to periods of preparation, testing or probation. Think of the forty days and nights Moses spent on Mount Sinai before God gave him the Ten Commandments and, in the New Testament, the forty days that Jesus spent in the desert before He began His public ministry.

Aside from the fast and abstinence days of Ash Wednesday and Good Friday, anything we give up or taken on to do during Lent may be considered self-disciplinary in nature and are often more effective if we see them through every day of Lent, including Sundays and the Irish 'free pass' of St Patrick's Day! Our sacrifices for Lent are not Church or law-governed, but a matter of individual conscience.

As part of its apostolate, the Pioneer Association has a Short-Term Pledge section for adults over the age of eighteen years. This enables a person who does not wish to make a life

practice in our personal lives and in our parishes. **Led by:** Fr Tom Scanlon CP. **Time:** 3.00pm – 5.30pm each day. *Voluntary Donation.*

The Dalgan Summer School July 19th to 23rd 2020

The Dalgan Summer School will be led by Dr. John Feehan author of *God in a five-pointed star; A spiritual philosophy of Nature 2028*

Twice in *Laudato Si* Pope Francis refers to the created world as the 'other' book of revelation: the 'magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness;' 'a precious book "whose letters are the multitude of created things present in the universe."

This year's Dalgan Summer School sets out to open the pages of some of the volumes of this Great Book of Creation, especially those that can be read with special meaning in the unique geological setting of the north-east of Ireland.

The Summer School will consist of lectures, recognition of species and work with microscopes.

ST. BENEDICT'S PRIORY, CO. CORK MONASTIC DAY RETREAT

Saturday 21st March 9am-5pm Talks: Donation only Monasticism. All Welcome! Monastic Saints. Life in a Contemporary Monastery. Participate in the Divine Office and Adoration. Lunch Provided.

MONASTIC EXPERIENCE

16th – 18th April Opportunity for Women discerning Religious Life to experience life in our monastery. Contact: Mother Prioress **St. Benedict's Priory**, The Mount, Cobh, Co. Cork Tel 021 4811354 cobhtyburnconvent@gmail.com

Booking essential for both events as places are limited.

Alzheimer's Society Volunteering Opportunities

Would you like a worthwhile and rewarding volunteering opportunity with Alzheimer's Society? If so, Side by Side is a befriending style service from Alzheimer's Society which helps people in the early stages of dementia keep doing the things they love, with the support of a volunteer. We are currently recruiting new volunteers for our "Side by Side" service in the South Eastern Trust. If you would like further information on becoming a Side by Side volunteer please contact Charlotte on 07889 201667 or email charlotte.thompson@alzheimers.org.uk

INTERNATIONAL "ECONOMY AND SOCIETY" AWARD

ANNOUNCEMENT OF THE COMPETITION

FIFTH EDITION - YEAR 2021

To promote knowledge of the Social Doctrine of the Catholic Church, the *Centesimus Annus- Pro Pontifice* Foundation (FCAPP), as part of the International "Economy and Society" Award, is offering

- a prize worth 20,000 euro for publications in economic and social fields
- a prize awarding two scholarships to young researchers worth 10,000 and 20,000 euro



commitment to total abstinence to take a pledge for a limited period of time. Many people who have problems with alcohol over-consumption have used this pledge to help them, while others want to do something uplifting or challenging for themselves or for others for a particular season of the year, i.e., for Lent, for the month of the Holy Souls in November or for Advent, in preparation for Christmas. Many of these 'Short-Term Pledgers' have gone on to become longer-term and frequent members. Many have used it to buttress their resolution to stay 'dry' for a particular month for their own personal reasons. If you feel that you can and would like to take the pledge for the six weeks of Lent, please go online at www.pioneerassociation.ie and follow the links to join. A small fee applies if you wish to have the Pioneer emblem and the registration card.

PILGRIMAGES

EASTER PILGRIMAGE TO FATIMA 8TH – 13TH APRIL

All Easter Ceremonies in Fatima Mass in Santarem where the bleeding host took place and Prayers, and Hungarian Stations of the Cross in Fatima. Contact James Treacy 00353 (0)86-0572216

TUESDAY 19TH MAY - SUNDAY 24TH MAY

Ni Cancer Pilgrimage to Lourdes - The price of £695 (with price reduction for Cancer Patients) will include: Return flights from Belfast International Airport, operated by JWT License T.O. 052. Full board and accommodation at the Hotel Agena in Lourdes for five nights based on twin/double/treble rooms. Travel insurance cover for persons up to 85 years on date of return. The party will consist of patients, ex-patients, relatives and friends accompanied by medical, nursing and other staff. To enquire or to obtain a booking form please speak to a member of the committee on Tel: 07933938981; Email: mail@nicancerpilgrimage.org.uk

MEDJUGORJE IRISH CENTRE PILGRIMAGES

APRIL - OCT 2020: 7 Night Stay and Airport Shuttle service from Dubrovnik or Split for €266 per person sharing. Book any flight - any time and we provide guaranteed airport shuttle service. Call us for further info and book the dates that suit you. Tel. 01 4434510 or email reservations@med-irishcentre.com. MEDJUGORJE: 00387 36 651 518 IRELAND: 00353 1 443 4510 N. IRELAND: 0044 28 8224 1888 Email: reservations@med-irishcentre.com

SHRINES OF POLAND

with a Day retreat at the shrine of the Divine Mercy Poland - *Including visits to Krakow, Czestochowa, Wieliczka Salt Mines, Auschwitz & Wadowice to see St. John-Paul's house*

2nd - 7th JUNE 2020 6 DAY ESCORTED GROUP PILGRIMAGE *Spiritual Director: Fr. Tony Devlin*
FURTHER DETAILS: St Pauls Parish Belfast - Phone 028 90 325034 email: stpauls@downandconnor.org
Cost: £850 per person sharing - based on 20 pilgrims traveling; Cost: £775 per person sharing - based on 40 pilgrims traveling; £100 non-refundable deposit per person to secure a place by 28th February. Single Supplement £180.00. Balances due 6 weeks before departure and are accepted in instalments prior to due date. 28th February. Single Supplement £180.00. Balances due 6 weeks before departure and are accepted in instalments prior to due date.

The award is biennial; allocations will take place in 2021.

Publication requirements

The prize will be awarded to a **publication issued after 2015**. The prize-winning work must be distinguished by its original contribution towards explaining, developing or applying the Church's social doctrine in today's context, be rigorous and of notable quality. The *Centesimus Annus Pro Pontifice* Foundation intends to reward contributions that are easily understood by the general public and express with prophetic force a Christian commitment in economic and social activity. The jury will consider entries published in French, English, Italian, Portuguese, Spanish, German and Polish. If there is more than one winner, the prize will be divided among them equally.

Proposals must be submitted by 24th May 2020.

See website under the section 'NEWS' for more information.

YOUTH FESTIVAL AT MEDJUGORJE - 2020

29th July – 7th August

The LIVING YOUTH Summer Pilgrimage 2020 will be to Medjugorje. We will join more than 50,000 other young people from around the world to celebrate our Catholic Faith. Staying at the Medjugorje Palace Hotel we will take part in the youth festival and also visit the Waterfalls of Kravice, the capital Mostar and the Shrine of Vepric at Makarska, all the while journeying with other young people from across our Diocese.

Pilgrimage Dates: **29th July – 7th August 2020**, for those aged 17 – 25 Cost £799. For an Application Form and more information go to www.livingyouthni.org or contact us on 02890 232 432 or info@livingyouthni.org

SUNDAY 13TH SEPTEMBER

Join us and follow in the footsteps of Padre Pio on this, our first Parish pilgrimage to San Giovanni Rotondo Italy. Return flights from Dublin, **4-nights** from 13th September, accompanied by a Spiritual Director and includes a fully escorted religious programme. Tour package £595 per person. £200 deposit to be paid by **7th February 2020** to secure places For additional details visit the website www.kilmoreandkillyleagh.com or contact Joe Walsh tours Tel: 00353 1241 0800.