

# 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

## THIRD SUNDAY OF EASTER, Year A – 23rd April 2023

### Your prayers are requested for

#### Recently Deceased

Eilish McMullan  
Noel McMullan  
Mary Bernadette Halton

#### Anniversaries:

Peggy Rogan  
Frankie Moore  
Joseph Anthony Tonner  
Connie O'Neill  
Patrick McMahan  
Alice O'Malley  
Marie Coulter  
Catherine Martin  
Nellie McCluskey

#### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 23rd April 2023 @ 9.00am

#### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 22nd April @ 6.30pm and  
Sunday 23rd April @ 10am & 12noon

#### MASS TIMES FOR:

**DAILY MASS NEXT WEEK – 24th – 28th April**

Morning Mass: Monday to Friday 9.30am

#### BAPTISM REGISTRATION

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

#### Donations

Dr Doran is travelling with a group of doctors and nurses from Northern Ireland to provide medical support to Syrian refugees in Lebanon from 6th May. The group will be working at 2 medical camps and bring medical and hygiene supplies. Donations of new underwear, (vests pants and socks) for all ages from toddlers to adult are needed. If anyone wants to donate items, they can be left at Bangor Health Centre, Church View Practice reception, Mon to Fri between 8.30am and 6pm until Fri 28th April. Dr Doran is grateful for any support and asks for your prayers for a successful trip.

#### The Friends of Saint Columbanus

We are very pleased to welcome a French group following the steps of Saint Columbanus. They will arrive on Monday 24<sup>th</sup> April and visit the abbey before coming to St Comgall's for mass at approximately 3pm.

#### LEGION OF MARY MORNING STAR VOLUNTEERS SOUGHT

Catholic men and women wanted to join The Legion of Mary, to help with the mission of the Legion to care for the spiritual and temporal needs of vulnerable and homeless men living in Morning Star House. For more information please call 07596128437 after 5pm any day.

#### Special Belfast Pilgrimage to the Holy Land at Christmas 2023 EX Dublin

Taking in Bethlehem, Jerusalem, Nazareth, Dead Sea, Sea of Galilee, Last Supper Room, Garden of Gethsemane, Mount of Olives with full day in Bethlehem on Christmas Day  
Contact James Treacy 0035361921470 [jamestreacyphotography@gmail.com](mailto:jamestreacyphotography@gmail.com)  
The cost is €2125 which can be paid in instalments.

**PARISH CENTRE – PARISH GROUPS 2023**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>
<b>BRIDGE CLUB</b> at 7.15 until 9.45pm  <b>YOUTH CLUB</b> 6.30pm – 8.30pm  <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>YOUTH CLUB</b> 6.30pm – 8.30pm  <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

**BOOKING OF PARISH CENTRE:** Contact Thomas on 07305 746 263 or Email: [mcmullanthomas481@gmail.com](mailto:mcmullanthomas481@gmail.com)

**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: [bangor@downandconnor.org](mailto:bangor@downandconnor.org)**

**ACCORD NI** is seeking applications for the Certificate in Counselling (Couple and Relationship) 1 year (part-time) programme. The Certificate in Counselling is validated by St Patricks College, Maynooth and is equivalent to Level 6 UK and Level 8 20 ECTS on the National Framework of Qualifications (NFQ) (RoI). The Certificate course is an opportunity for qualified and experienced counsellors and psychotherapists to train in the specialism of couples counselling. Successful applicants will follow a 16-day Certificate programme which will provide: the clinical skills essential to couples work; in-depth knowledge relating to the handling of Infidelity, Trauma, Addiction, Neurodiversity, Physical & Mental Illness & Disability, Sex and Intimacy, Step-Family Dynamics, Diversity, Parenting Issues, the Impacts of Family of Origin, and Domestic Abuse in the couple context; self-awareness exercises specific to the needs of the couple and relationship counsellor. Course fees will be funded and placement will be provided by Accord NI. Closing date 19<sup>th</sup> May 2023

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**GETTING THE PAST OUT OF THE PRESENT – WORKSHOP DAY. SAT 29<sup>th</sup> APRIL**

The day will be led by Fr Jim Cogley, Parish Priest and Psychotherapist from the Diocese of Ferns and will be supported by Fr Peter Carlin PP St Matthew’s. Spaces are limited to 30 participants. The day will take place in 120 Cliftonville Road on Saturday 29<sup>th</sup> April from 10am – 4pm. **BOOKING ESSENTIAL** - e-mail [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org) or call 028 90690920

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**ONE VACANCY - PARISH CENTRE CLEANER, BANGOR PARISH**

We are seeking to recruit 1 Parish Centre Cleaner within Bangor Parish, (St Comgall’s Parish Centre, Brunswick Road, Bangor). The post holders will be required to provide an efficient and comprehensive cleaning service to the Parish to ensure the Parish Centre is clean, tidy and in an orderly condition at all times. The terms of each role are based on a permanent appointment requiring 8 hours attendance each week, work pattern to be agreed. Ability to work flexible hours is required from the post holders from time to time. Rate of Pay - £9.50 gross per hour.

Full details relating to the vacancy can be found on the Diocesan website at: <http://www.downandconnor.org> clicking on the tab: **JOB VACANCIES** and on the Community NI website, where terms and conditions relating to the role can also be accessed by way of a Role Profile and Employment Application form. Application packs can also be obtained from the Bangor Parish Office. We welcome applications from anyone who feels they meet the criteria and are interested in playing an active part in the Parish. *Down and Connor Diocesan Trust is an Equal Opportunities Employer*

**NURSES WILL YOU LEND US A HAND?**

The Down & Connor Diocesan Pilgrimage to Lourdes is seeking volunteer registered nurses for our pilgrimage from 12-17<sup>th</sup> July 2023. Working with other volunteer doctors and nurses in a specially designed care setting! For more information, please email your contact details to [lourdes@downandconnor.org](mailto:lourdes@downandconnor.org)

**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)

## AT A GLANCE – NEWS ITEMS IN THE PARISH AND AROUND THE DIOCESE

### DIOCESAN NOTICES:

#### GETTING THE PAST OUT OF THE PRESENT – WORKSHOP DAY. SAT 29<sup>th</sup> APRIL

Many of us can struggle with forgiveness, letting go of the past so that we can best live out our lives. We invite you to join us for a day of creative prayer and reflection to explore how we can bring healing to our lives through the practice of forgiveness. The day will be led by Fr Jim Cogley, Parish Priest and Psychotherapist from the Diocese of Ferns and will be supported by Fr Peter Carlin PP St Matthew's. Spaces are limited to 30 participants. The day will take place in 120 Cliftonville Road on Saturday 29<sup>th</sup> April from 10am – 4pm. BOOKING ESSENTIAL - e-mail [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org) or call 028 90690920

### OTHER NOTICES:

#### ▪ **NI CANCER PILGRIMAGE TO LOURDES, Sun 28 May to Fri 2 June 2023**

- The price of £799 (with price reduction for Cancer Patients) will include: Return flights from Belfast International Airport, operated by Northern Star Travel Ltd. Full board and accommodation at the Hotel Agena in Lourdes for five nights based on twin/double/triple rooms. Service of JWT guides in Lourdes. The party will consist of patients, ex-patients, relatives

To see the fuller details please go to the parish website 'Parish Newsletter' 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. 07846 88388 or email [mail@nicancerpilgrimage.org.uk](mailto:mail@nicancerpilgrimage.org.uk)

#### ▪ **COLUMBANUS ACROSS EUROPE**

Dear Friend of Columbanus Bangor, An Italian Columbanus friend sent me the link below which is a beautifully illustrated copy of a children's book written by Giovanni Caselli about the journeys of Columbanus across Europe through the eyes of a young trainee monk called Finbar. <https://rotharroutes.com/wp-content/uploads/2015/09/columbanus.pdf>

#### ▪ **FOSTER CARE SERVICES AND SUPPORT**

'There are children in crisis today in our local communities – children of all ages and all abilities. Can you spare an hour a day, an overnight or a weekend or more to make a difference in a child's life? If you can, then contact the Regional Fostering Team at [www.adoptionandfosteringcare.hscni.net](http://www.adoptionandfosteringcare.hscni.net) or on 0800 0720 137....remember ,every child is just one caring adult away from success'.

### **DROMANTINE RETREAT AND CONFERENCE CENTRE**

#### **LENTEN REFLECTION DAY**

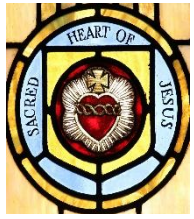
Saturday 4<sup>th</sup> March 9.30am – 5.00pm

'**DIFFICULT PEOPLE**' *How to bring out the best of people at their worst.* Saturday, 11 March (9.30am - 4.30pm) £40 Please contact Jacinta or Louisa to reserve your place: TEL: 028 (048 from ROI) 3082 1964 EMAIL: [admin@dromantineconference.com](mailto:admin@dromantineconference.com)

**Kindfulness...** a gifted way of living my life. An opportunity for time aside to reflect on the Season of Lent and to open our minds and hearts afresh to celebrate Holy Week and Easter. **Led by Fr. Damian Bresnahan SMA** Cost (including lunch) £35/€40

#### **DANCE OF LIFE RETREAT**

Friday 17<sup>th</sup> March (5.00pm) – Sunday 19<sup>th</sup> (2.00pm) In this retreat the opportunity to dance may bring a renewed awareness in your sense of self, connection with others and connection with God. **Led by Sr. Mary Taylor OLA and Fr. Damian Bresnahan SMA** Cost £220/€250



**8<sup>th</sup> Sunday in Ordinary Time, Year A – 26<sup>th</sup> February 2023**

**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

**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**

**FEBRUARY/MARCH 2023**

**Sunday 26 February**

1<sup>st</sup> SUNDAY OF LENT

**Sunday 5 March**

2<sup>nd</sup> SUNDAY OF LENT

**Tuesday 7 March**

Saints Perpetua & Felicity, Martyrs

**Wednesday 8 March**

Saint John of God, Religious & Saint Senan, Bishop

**Thursday 9 March**

Saint Frances of Rome

**Saturday 10 March**

Saint Aengus, Bishop & Abbot

**Sunday 11 March**

3<sup>rd</sup> SUNDAY OF LENT

**Monday 12 March**

The Anniversary of the election of Pope Francis

**Friday 18 March**

Saint Patrick, Principal Patron of Ireland

**Saturday 19 March**

Saint Cyril of Jerusalem, Bishop & Doctor