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 10am to 1pm.

Fourth Sunday of Advent – 22nd December 2024

MOST HOLY REDEEMER CHURCH BALLYHOLME
Sunday 22nd December @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD
Saturday 21st December @ 6.30pm and
Sunday 22nd December @ 10am and 12noon

MASS TIMES NEXT WEEK:
Monday 23rd December @ 9.30am
Thurs 26th & Fri 27th Dec @ 10am

Penitential Service – Mon 23rd Dec – Bangor @ 7pm

CHRISTMAS MASS TIMES
CHRISTMAS EVE – Tuesday 24th December
St Comgall's Church Brunswick Road @ 9.30am, 5, 7 & 9pm
CHRISTMAS DAY – Wednesday 25th December
Most Holy Redeemer Church Ballyholme @ 9am
St Comgall's Church Brunswick Road @ 9 & 11am

CELTIC CAROLS BY CANDLELIGHT FOR ST VINCENT DE PAUL

St Mary's Church, Chapel Lane, Belfast, is the venue for a special event in aid of this year's St Vincent de Paul Annual Appeal. Celebrating 180 years in Ireland, the Society is experiencing an increase in calls for help every day due to the crippling increased costs associated with day to day living and, although it can be the most wonderful time of the year, for some families at this time of year they wonder whether they will have Christmas at all. Local Belfast man Patrick Davey of Davey Music is a respected performer, teacher and composer of traditional Irish music, and he will be hosting Celtic Carols by Candlelight in St Mary's Church, Chapel Lane, Belfast, on Sunday 22 December at 5.00pm. There will be music and readings for the season from the Celtic nations and proceeds from the event will be donated to this year's SVP Annual Appeal. www.svp.ie

Invitation to Opening of Jubilee Year – 29th December

On Christmas Eve 2024, Pope Francis will open the Holy Door in St Peter's Basilica and the Jubilee of Hope will begin in Rome. The theme the Holy Father has chosen for this year of special graces is 'Pilgrims of Hope' and he invites the whole People of God – clergy and laity – to celebrate God's Gift of Grace through their expressions of Deep Faith, Lively Hope and Active Charity. The Holy Year in the Diocese will begin on the Feast of the Holy Family.

All parishioners are warmly invited to join Bishop Alan McGuckian at the Solemn Opening Mass of the Jubilee Year of Hope on Sunday, 29th December at 3pm in St Peter's Cathedral, Belfast. We encourage everyone to attend and be part of this celebration for the Jubilee Year. The webcam will allow for people to view the Mass from home: www.churchservices.tv/stpeterscathedral

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Let us pray for all parents expecting a new child, that they might be blessed with a safe and healthy pregnancy for mother and baby. Lord hear us.

PARISH CENTRE – PARISH GROUPS 2024

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15pm until 9.45pm [Minor Hall] **LECTIO DIVINA GROUP** 7.30pm – 8.30pm [St Dympna's Room] **BADMINTON** NOW WEEKLY at 8 to 9pm [Main Hall]	**FRIENDSHIP CLUB** at 10.00am [Minor Hall] **IRISH DANCING CLASSES** at 6.00pm to 8.30pm [Main Hall] **SVP** at 7.30pm to 9.30pm [St Dympna's Room]	**MEDITATION GROUP** at 12pm to 1.30pm [St Dympna's Room] **MENCAP** Every fortnight at 6.00pm [Main/Minor Hall] **FOLK GROUP** AT 7pm [St Dympna's Room] **SENIOR CHOIR** At 7.30pm [St Dympna's Room]	**St Comgall's Guide Unit** (Girls aged 6-18) at 6.15pm to 8pm [Main/Minor Hall] **IRISH LANGUAGE CLASS** At 7pm to 8pm [St Dympna's Room] **CEILI DANCING** at 8.15pm to 9.30pm [Minor Hall]	**Ju-Jitsu Club** (Juniors 5-15yrs) 6-7pm [Main Hall]

BOOKING ENQUIRIES TO BE MADE TO THE NEW PARISH CENTRE COMMITTEE VIA EMAIL: stcomgallspcc@gmail.com

Your prayers are requested for

Recently deceased:

Anniversaries: PATRICIA COLLINS, NUALA COOKE, BILLY GARDNER, PASQUALE FORTE, MICHAEL FOLEY, MARTIN DUFFY, ROSE RINGROW, KINGSLEY RINGROW, MARTHA & JACK WOODHOUSE, GLADYS MCFARLAND, PETER MCQUADE, CATHERINE, JAMES & JIM BROWN, MARY & NOEL COSTELLO, MAUDE & ARCHIE MCKILLOP, GEORGE STILGES, DAVID MILLIKEN, JEAN DOHERTY, EILISH STEELE, BRIAN DONAGHY

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The Diocesan Pilgrimage to Lourdes is seeking Doctors, Nurses and Adult Volunteer helpers for the 40th Diocesan Pilgrimage in 2025. The pilgrimage is from 10-15 July and volunteers receive a subsidised fare.
For more information or to register your interest, please visit www.downandconnor.org/lourdes or email lourdes@downandconnor.org

ST COMGALL'S PARISH CENTRE

Cuppa & Connect is back this Sunday after 10am Mass, thank you all for your continued support. Ballot tickets continue to be sold for our **Christmas raffle** in aid of a Defibrillator for our Parish Centre. Prizes include a Christmas food hamper, a pamper hamper, a Bryansburn Inn voucher and a meat voucher from Irvine's butchers, to name but a few. The ballot will be drawn at our Christmas Cuppa & Connect on Sunday 22nd December.

We are delighted to announce that our new **Parents & Tots group** will be commencing on Wednesday 8th January at 10am. We have a fabulous team of new volunteers who are ready to welcome everyone.
Our **Holy Shop items** continue to be sold at each Cuppa & Connect. We hold a small stock of bibles, missals, candles, cribs etc, but can place an order for specific items if needed.
Sunday 22nd December: **Christmas Cuppa & Connect** after 10am Mass, with a special appearance from Santa and a Christmas disco 🎅🎄🎅🎄🎅

Wednesday 8th January: **Parents & Tots** group 10am.

We continue to recruit volunteers to re-establish parish groups. Please register your details through our new email account: stcomgallspcc@gmail.com or by telephoning the Parish Office on 02891465522.

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)

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 **077 325 13400**

- **Towards Peace Spiritual Support Service**

Towards Peace is an independent organization that provides a spiritual support and professional service for survivors of physical, emotional, sexual and spiritual abuse who suffered in an institutional, clerical or religious setting in Ireland. Funded by the Irish Catholic Bishops' Conference and the Association of Missionary and Religious in Ireland, the vision of Towards Peace is to provide a safe supportive space for people and their families, whose spiritual life has been damaged by abuse. Through spiritual accompaniment with a qualified spiritual director, Towards Peace endeavours to accompany people as they seek their own experience of spiritual peace, one step at a time. Towards Peace is also a response to the continually growing understanding of the spiritual impact of the trauma of abuse and seeks to raise awareness about this within the Church. The Towards Peace Spiritual Support Service is free of charge and for more please see https://towardspeace.ie/

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Accord NI Catholic Marriage Care [redacted] Service seeking Marriage Preparation Facilitators

ACCORD NI Catholic Marriage Care Service is currently recruiting people to train as marriage preparation programme facilitators.

- If you have a positive attitude towards marriage in the Catholic Church
- If you have the enthusiasm to be part of the Accord team in supporting couples who are preparing for the Sacrament of Marriage

Accord wants to hear from you!

Successful applicants will receive professional training and will be part of a team delivering marriage preparation programmes locally.

Contact Brenda on 02890 233002 or by email to info@accordni.com

www.accordni.com

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ADOPTIVE PARENTS NEEDED URGENTLY

Family Care Adoption Services

Family Care Adoption Services is an Adoption Agency, and a core part of our work is to place children with new adoptive families. We provide adoption services throughout all Northern Ireland and work with Health and Social Care Trusts to place single children and sibling groups for adoption.

These children are aged from babyhood to approximately 5 years old.

There are currently more children waiting to be adopted in Northern Ireland than families approved to adopt and there is an urgent need for new families to come forward.

All sorts of people from all walks of life can be considered for adoption.

So, wherever you live in Northern Ireland if you think you could offer a child/ren a new life in a family of their own and would like an informal chat to discuss this and to find out more about adoption,

CONTACT US!

Email: email@familycareadoption.org

Phone: 02890 691133

Website: www.familycareadoption.com

We are waiting to hear from you!

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PRAYERS AT HOLY COMMUNION

Spiritual Holy Communion Prayer	**ANIMA CHRISTI** **Prayer to the Most Holy Redeemer**
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*	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 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

JANUARY 2024	