# 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.

**PARISH NEWSLETTER** 

## 29th Sunday, Mission Sunday Year A - 22nd October 2023

#### Your prayers are requested for

#### **Recently Deceased:**

Sean Hudson (York)

#### **Anniversaries:**

Betty Naylor Bob Magee
Patrick Fox Owen Taylor
Molly Monaghan Annie McElroy
Ann McPadden Mary Magill
Jack Hamill Marie Hamill
Ethna Heaney Cecilia Walsh
Mary Lees (McDermott)
Seamus Anderson
Hugh Rooney

#### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 22nd October 2023 @ 9.00am Prayer Service led by Deacon James McAllister

#### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 21st October @ 6.30pm and Sunday 22nd October @ 10am & 12noon

#### **MASS TIMES FOR:**

DAILY MASS NEXT WEEK 23<sup>rd</sup> - 27<sup>th</sup> Oct 2023 Morning Mass: Mon - Thurs @9.30am Friday - to be announced

#### **BAPTISM REGISTRATION**

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

#### **November Dead List**

In the month of November, we remember all our dead. You are invited to include the names of all those deceased friends and relatives whom you wish to have remembered in all the Masses offered in November for all those on the dead lists by Canon Gunn and Canyon Whyte.

Envelopes can be found at the back of the Church and at the Exit doors.
Completed lists should be placed in the November Dead box in the Exit porch. They will then be opened, and the lists placed on the altar for the month of November.



# First Penance and Holy Communion classes for children not attending the parish schools

The classes will begin in the parish centre on **Sunday 5th November at 11am** for preparation of the sacraments.

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

The classes are open to children in P4 and older and a parent/guardian is requested to attend with their child.

Enrolments closing date is **Thurs 26**th October 2023



#### 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** 

#### PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB	FRIENDSHIP CLUB	MENCAP	St Comgall's Guide	St Comgall's Ju-
at 7.15 until 9.45pm	at 10.00am	Every fortnight at	Unit	Jitsu Club
<b>LECTIO DIVINA GROUP</b> 7.30pm – 8.30pm [St Dympna's Room]	IRISH DANCING CLASSES at 6.00pm SENIOR CHOIR Starting 11 <sup>th</sup> October at 7.30pm	6.00pm  BADMINTON  Every fortnight at 8.00pm	(Girls aged 6-18) at 6.30pm IRISH CLASS & CEILI DANCING at 7.00pm	(Juniors 5-15yrs) 6-7pm (Seniors 16+yrs) 7-8pm

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

### St.Comgall's Ju-Jitsu Club

JU-JITSU IS SO MUCH MORE THAN PUNCHING AND KICKING ... GET FIT, LEARN SELF DEFENCE, BUILD CONFIDENCE AND HAVE FUN! CLUB INSTRUCTORS - Colum Jordan 7th Dan & Scott Jordan 1st Dan.

Places will be limited and are offered on a first come first served basis. To book a place contact: Colum Jordan T.07970143611 <a href="mailto:colum.jordan@icloud.com">colum.jordan@icloud.com</a>

St.Comgall's Ju-Jitsu Club is a World Ju-Jitsu Federation Club registered by Sport N.I.

For information about our organisation visit; www.jujitsuireland.com

<u>Marriage Enrichment Weekend, 10 – 12 November 2023, Co. Kildare:</u> an opportunity to energise communication and romance in your marriage! Visit: <u>www.marriageencounter.ie/marriage-encounterweekend</u>

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## Advent Retreat with Fr Michael Hurley and Drumalis Team

Drumalis - Friday, 8 - Sunday, 10 December 2023

The journey of Mary and Joseph to Bethlehem is reflected in many varied journeys that people still face today. During this weekend retreat of quiet and prayer at Drumalis Retreat and Conference Centre in Larne, we will reflect on the significance of journey today - personally and in the world we live. For further information or to book a place, please contact Drumalis - tel 028 28272196/28276455 (during office hours, Mon-Fri 9 am - 5 pm) or email drumalis@btconnect.com

Details also available on Drumalis website - <a href="http://www.drumalis.co.uk">http://www.drumalis.co.uk</a>

St. Comgall's Pre-School has a few spaces available for children aged over 2 years and 10 months.

If interested, please contact St. Comgall's Pre-School at <a href="info@stcomgallspreschool.org.uk">info@stcomgallspreschool.org.uk</a> or telephone: 02891 46884

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#### **VACANCY**

Temporary post for a part-time cleaner (12 1/4 hrs per week) at St Comgall's Primary School.

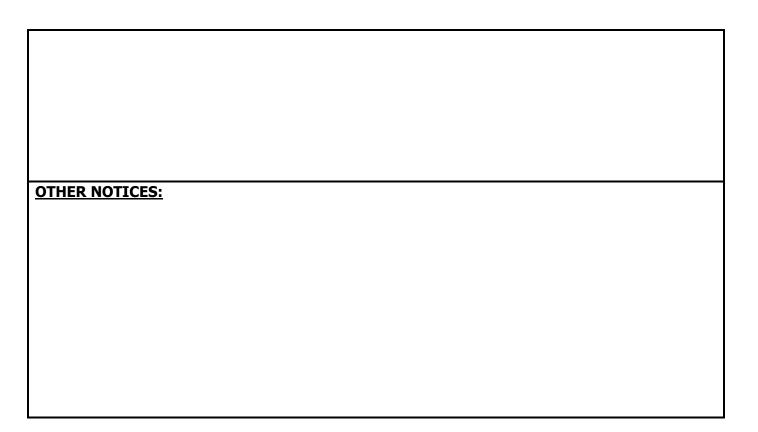
Please contact the school office for further details.

#### 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)





### 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 Liquori

## 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... <a href="www.soulparemission.com">www.soulparemission.com</a> <a href="www.soulparemission.com">Who are we</a>? We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director living in Down and Connor. <a href="www.soundercreative-prayer">what's on offer?</a>? 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		
Saturday 07 October Our Lady of the Rosary	Wednesday 01 November All Saints	
Monday 16 October St Gall	<b>Thursday 02 November</b> All Souls	
Sunday 22 October 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	