

# 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

## 16<sup>th</sup> Sunday, Year A – 23rd July 2023

### Your prayers are requested for

#### Recently Deceased:

Margaret Napier  
Frank Hennessy

#### Anniversaries:

Diana Thayil  
Annam Augustine  
Joseph & Ouesph Uthup  
Joséphine O'Loan  
May Rogan  
Joseph Waugh  
Edward (Teddy) Emmett  
Brigid McQuillan  
John Quinn  
Daniel McLaughlin  
Billy Gillespie

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 23rd July 2023 @ 9.00am

### ST COMGALL'S CHURCH BRUNSWICK ROAD

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

#### MASS TIMES FOR:

### DAILY MASS NEXT WEEK -24<sup>th</sup> - 28th July 2023

Morning Mass: Monday - Friday @ 9.30am

#### BAPTISM REGISTRATION

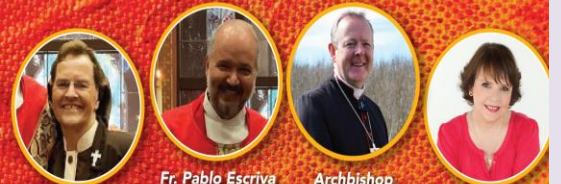
Please register online SIDE BAR under '**Baptism Registration**'

### Youth 200 Summer Festival

Join young people between 16 and 35 this August at the **Youth 2000 Summer Festival**. The festival takes place in Clongowes Wood College, Clane, Co Kildare from **Thursday 10th August to Sunday 13th August 2023**. The festival includes inspiring talks, music, prayer, concert, workshops, dramas, share groups, reconciliation and healing service and Mass. Donation only and we have buses going from all over Ireland. For more information and to book your place go to [www.youth2000.ie](http://www.youth2000.ie)

# Light the Fire

August 6<sup>th</sup> Hill of Slane



Sr. Briege McKenna

Fr. Pablo Escriva de Romani

Archbishop Eamon Martin

Dana

12.15 Praise & Worship

1pm Gathering

1.15pm Rosary

Dana & Music Ministry will sing Light the Fire

2pm Mass

• Talks • Eucharistic Healing Service

4.30pm Depart for home

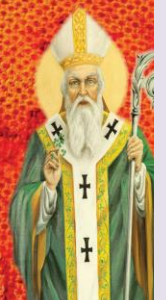
For further enquiries please email: [hillofslaneaugust6@gmail.com](mailto:hillofslaneaugust6@gmail.com)

• Please bring a fold up stool •

In the spirit of



Mary arose and went with haste



COUPLE TO COUPLE LEAGUE

- Natural Family Planning
- Sympto-Thermal Method
- Taught by Couples to Couples
- LIVE Online or Onsite or Self Paced

[WWW.CCLI.ORG](http://WWW.CCLI.ORG)



**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)

**The Parish Centre is closed for the summer and classes will recommence in September 2023**

**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)**

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**Parishioner Transport Appeal**

Please contact Emma in the Parish Office if you would be interested in assisting in transporting a parishioner from the Prospect Road area to Sunday mass @ 12noon.

**Singing For Boys 2023**

**Monday 14 August – Friday 18 August**

St Dominic's Grammar School  
135 Falls Road, Belfast BT12 6AE

This five-day course is aimed at boys aged 8–16 who want to improve their singing voice and musical skills. It is ideal for boys who have a passion for music and want to take their singing training to the next level.

We will be running two groups across the week. Morning sessions will be for younger boys (8–12) who are beginning their musical training. The afternoon sessions will be for boys (11–16) who already have some experience singing. The summer school will conclude with a showcase at the end of the week to which parents and guardians are invited to attend. The scheme is an excellent entry point into the Schola boys' choir.

Please contact James McConnell at [schola@downandconnor.org](mailto:schola@downandconnor.org) for more information and an application.

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**Young Adult Catholic Conference - Saturday 19th & Sunday 20th August 2023**

'Under Mary's Mantle' is a conference on faith and culture for young adults (18-35) with talks, prayer, Mass, Confession, workshops, food and social in the historic All Hallows campus, DCU, Dublin. A chance to build your faith in friendship with young men and women from across the country.

Keynote speakers include poet and convert Sally Read, a one-time radical feminist who embraced the Faith, Bishop Alphonsus Cullinan, Cistercian Fr Aelred McGee, Marian theologian Professor William A Thomas and many more. The talks and workshops range widely from poetry to reading the Bible, vocations and Mary in the Liturgical Year! Mass and Confessions take place both days.

Two day ticket (Saturday & Sunday) – €60

Day rates – Saturday €40; Sunday €30

STUDENTS get a 10% discount – contact [deusetpatria@gmail.com](mailto:deusetpatria@gmail.com) for discount code.

There is a limited amount of accommodation available in DCU, contact [deusetpatria@gmail.com](mailto:deusetpatria@gmail.com) or call 085 144 2423 for rates and more information.

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**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)

# Saint Luke's and Nativity Parish Offices



**From Wednesday 17<sup>th</sup> May 2023, the Parish Office for both St Luke's & Nativity Parishes will be re-located to St Luke's Church, Twinbrook, BT17 0RP  
*(From that date, Nativity Presbytery, Bell Steel Road, will no longer serve as a Parish Office***

**The telephone number for the re-located Parish Office (both St Luke's & Nativity) and St Luke's Presbytery will be**

028 90 625739

*(the former St Luke's number 02890 619459) will no longer be in use)*

**The Parish Office opening hours will be the following:**

**Monday, Tuesday, Thursday and Friday 10am-1pm)**

**Email addresses will remain the same.**

[stlukes@downandconnor.org](mailto:stlukes@downandconnor.org)

[nativity@downandconnor.org](mailto:nativity@downandconnor.org)

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## **Unused bicycles for charity**

The Rotary Club of North Down supports a Belfast charity, Bike Aid Africa, which collects second hand bicycles of all sizes, repairs and refurbishes them and then forwards them to a country in Africa for use by people of all ages as their only means of transport, e.g. to get to work or go to school. At the end of June, it will be sending a container of bicycles to Madagascar. If anyone has a bicycle no longer in use, please phone Greg McCourt on 07774672445 who will be pleased to collect it and delivery it to this worthy charity.

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## **OTHER NOTICES:**

### ▪ **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'.



## **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.

### **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.

<p>Never permit me to be separated from you. Amen. <i>composed by Saint Alphonsus Liguori</i></p>	<p>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</p>
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**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

MAY/JUNE 2023	
<p><b>Wednesday 10 May</b> Saint Comgall, Abbot of Bangor</p>	<p><b>Sunday 4 June</b> The Most Holy Trinity</p>
<p><b>Sunday 21 May</b> The Ascension of the Lord</p>	<p><b>Friday 9 June</b> St Columba</p>
<p><b>Wednesday 24 May</b> Day of Prayer for the Church in China</p>	<p><b>Sunday 11 June</b> Corpus Christi</p>
<p><b>Sunday 28 May</b> Pentecost Sunday</p>	<p><b>Saturday 17 June</b> The Immaculate Heart of Mary</p>
<p><b>Monday 29 May</b> The Blessed Virgin Mary, Mother of the Church</p>	<p><b>Sunday 18 June</b> Collection for Peter's Pence</p>
<p><b>Wednesday 31 May</b> The Visitation of the Blessed Virgin Mary</p>	<p><b>Saturday 24 June</b> The Nativity of St John the Baptist</p>