

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

FOURTH SUNDAY OF ADVENT, Year B – 24th December 2023

Your prayers are requested for

Recently Deceased:

Michael (Mickey) Reid
Florentino Fernandez

Month's mind:

Cathal McCrory (Dromore)
Jackie CAMPBELL (Glengormley)

Anniversaries:

Michael Foley	Peter McQuade
Sarah Helena McConville	Martin Duffy
Gerard O' Loan Jnr	Mamie Smyth
Phyllis McPoland	Brian Duffin
Maureen Murray	Dermot McNally
Gladys McFarland	Patrick McAvoy
Ena Bowler	Martin Gunning
Austin Gunning	

Catherine, James & Jim Brown
Brigid & Frank McQuade
Peg, Teresa, Marie Clare & Michelle McVeigh
George & Jean Duffin
Martha & Jack Woodhouse
Maude & Archie McKillop
Josie, Therese & John McVeigh
James, Sarah & Gerard McGarry
Catherine & John Donnelly
James & Martha McGreevy

ST COMGALL'S CHURCH, DONAGHADEE

no mass

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 23rd December @ 6.30pm and
Sunday 24th December @ 11am, 5, 7 & 9pm

CHRISTMAS DAY

St Comgall's Church, Donaghadee @9am
St Comgall's Church, Bangor @ 9am & 11am

ST. STEPHEN'S DAY

St. Comgall's Church, Bangor @ 1pm

MASS TIMES FOR:

DAILY MASS NEXT WEEK 27th – 29th December @9.30am

Please note the church will be closed at 3pm daily during Christmas week and the parish office will reopen on Tuesday 2nd January 2024.

"If some King of the earth"

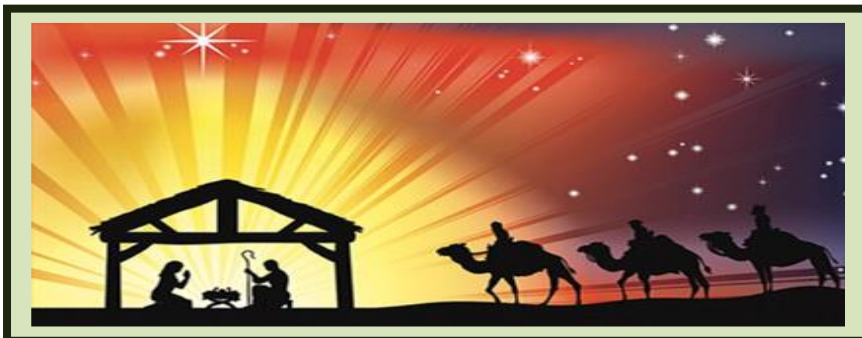
He brought light out of darkness,
not out of a lesser light;
He can bring thy summer out of winter,
though thou have no spring.

Though in the ways of fortune,
or understanding, or conscience,
Thou have been benighted till now,
wintered and frozen,
clouded and eclipsed,
damped and benumbed,
smothered and stupefied till now,

Now God comes to thee,
not as in the dawning of the day,
not as the bud of the spring,
But as the sun at noon to illustrate all
shadows,
As the sheaves in harvest to fill all penuries.

All occasions invite his mercies,
And all the times are his seasons.

*John Donne
Sermon for Christmas Day 1624*



Dear Parishioners

Canons Gunn, Whyte, Deacon James McAllister and Sister Maura wish you every blessing at Christmas and a peaceful and healthy New Year.

PARISH CENTRE – PARISH GROUPS 2023

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

BOOKING OF PARISH CENTRE: Contact Thomas **only** on 07305 746 263 or Email: 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

Queen’s University Catholic Chaplaincy – Alumni and Friends* Pilgrimage in the Footsteps of St Paul

Departing Dublin on **7 February 2024**, the alumni and friends of the Catholic Chaplaincy at Queen’s University will make pilgrimage to **Greece and Malta** over **10 days**, following in the footsteps of Saint Paul. Our tour with Marian Pilgrimages will offer a profound journey through various significant locations associated with St Paul’s life and missionary travels, among them Athens, Thessaloniki, Phillipi, Corinth and Valetta. Pilgrims can experience a profound connection to the apostle, his teachings, and the early Christian communities with which he is associated, while traversing these historically rich destinations. The pilgrimage is fully guided, with half-board accommodation in 4* hotels. The University Chaplain, Fr Dominic McGrattan, will provide spiritual direction and the Chaplaincy’s Director of Sacred Music, Marcella Walsh, will animate liturgies with music and song. **For more information and details on how to book, email Chaplaincy Director, Shannon Campbell, at catholicchaplaincy@gub.ac.uk** *Please note, if you or a family member have studied at Queen’s or served as a member of staff, know that we consider you among our alumni and friends.

Down and Connor Diocesan Pilgrimage to Fatima 2024

Spiritual Directors Fr G McCloskey, Fr M Graham, Canon S Gilmore

20 Aug 2024. 7 Nights £799 per person sharing (£100 off per person if paid in full by 8th December 2023) direct return flights from Dublin to Lisbon afternoon flights.

20KG bags included. Return airport transfers in Fatima. 7 Nights Hotel Avenida. Full board: breakfast, lunch & dinner each day. Guided tour of the Sanctuary & Basilica of Our Lady of the Rosary. Optional: Travel Insurance & Single Supplement.

For further information please contact: **Joe Catney 07776 425 631/02890714001**

Trócaire School Volunteers:

Are you a retired teacher or someone who has experience presenting to groups of school children? Do you have a passion for making this world a better place, especially for the most vulnerable? Trócaire is looking for volunteers to support our School Talks Programme for Lent 2024 in the Down & Connor Diocese Area. If you think you have the right skills and experience and will have a few free hours during Lent then we would love to hear from you! For more information call Casey Schell on 02890 808033 or email casey.schell@trocaire.org

NEW YEAR’S EVE MASS

Mass will be celebrated at St Patrick’s Church, Donegall Street, Belfast to mark the end of the Old Year and welcome the New Year. At 11pm on December 31. All Welcome!

Homilist Fr. Brian McCann

Cantor Mr Louis McVeigh

Pioneers around the world are invited to attend Mass next Wednesday 27 December and to prayerfully mark the 125th anniversary of the foundation of the Association in 1898. Mass and prayers will be live-streamed on that day at 10am (Irish time) around the world via www.pioneerassociation.org.



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**

Totus Tuus Magazine is a Catholic magazine, full of articles from Irish priests and laity, which aims to highlight the beauty and joy of our faith. It is going into its 7th year and is run by donations. If you haven't come across Totus Tuus Magazine and would like a free copy, please contact Fiona Kiely on 086 8760058.

The 2024 Pioneer calendar is available from Pioneer centres and from Central Office (01 805 4226). The calendar is designed to offer spiritual support to families which are being impacted by alcohol and addiction. The calendar is priced at €5. Further information from www.pioneerassociation.org/calendar

Looking for a New Year's Resolution? Why not begin the new year and learn how to read the Bible and better understand the fascinating events, figures and connections between the Old and New Testament. We invite you to gather each week for a time of teaching, discussion, and prayerful reflection as we journey through the bible timeline and better understand how we too are involved in the unfolding of God's plan of salvation history.

The Bible is at the heart of our faith and our relationship with God. Reading the Bible should bring us closer to Christ, but many people find it hard to even begin.

Why not begin with the Living Church office learning how to read the bible, understand it and so experience its life changing power.

Unlocking the Mystery of the Bible includes 8 weekly sessions. Course participants will receive a resource pack. The programme requires one hour of study per week.

Venue: **Online via zoom**

Beginning **Wednesday 17th January @7pm online for 8 weeks.**

The program will conclude with a Retreat Day on **Saturday 23rd March 2024 Venue: Holy Rosary Parish Centre, Belfast**

Facilitators: Fr Paul Byrne & Aishling Steen

The cost of the program is £30

To book your place click on the registration link: <https://forms.office.com/e/HTLtfTXUaD>

Places are limited. Booking early is advised.

Living Church Office

Email: c.carmichael@downandconnor.org

Tel: 028 90690920

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)

ADOPTIVE PARENTS NEEDED URGENTLY



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,

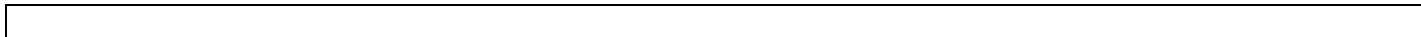
CONTACT US!

Email: email@familycareadoption.org

Phone: 02890 691133

Website: www.familycareadoption.com

We are waiting to hear from you!



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 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

October/November 2023

Saturday 07 October Our Lady of the Rosary	Wednesday 01 November All Saints
Monday 16 October St Gall	Thursday 02 November All Souls
Sunday 22 October Mission Sunday	Friday 03 November St Malachy
	Sunday 05 November Prisoners Sunday
	Sunday 19 November World Day of the Poor
	Tuesday 21 November The Presentation of the Blessed Virgin Mary
	Thursday 23 November St Columbanus