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.

Our Lord Jesus Christ, King of the Universe – 24th November 2024



Annual Christmas Lunch

for the Senior Citizens of the Parish is to be held in St Comgall's Parish Centre

Sunday, 8th December 2024 at 2pm

Should you wish to attend please contact: The SVP Helpline 07703 679384 by 22nd November 2024

There is no charge and lifts to and from the lunch can be provided

ST COMGALL'S CHURCH DONAGHADEE Sunday 24th November @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 23rd November @ 6pm and Sunday 24th November @ 10am and 12noon

ST COLUMBANUS & GALL UNITY SERVICE

All are invited to an United Service in St Gall's Church of Ireland Crawfordsburn Road on Sun 24th November @ 6.30pm to honour Saints Gall and Columbanus.

Please bring an item for the Storehouse Food Bank with you

Trōcaire

CHRISTMAS EVENT

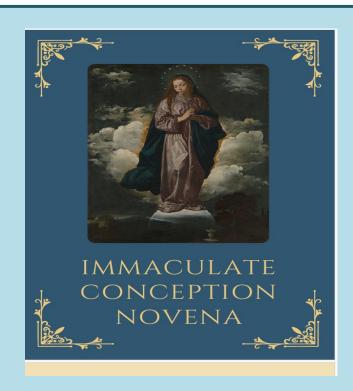
Sunday 24th November after both masses

SANTA – BIG BALLOT – TOMBOLA - HANDMADE GIFTS FROM BETHLEHEM - TROCAIRE CHRISTMAS CARDS

In aid of Gaza and Lebanon

CUPPA & CONNECT

- *Cuppa & Connect Saturday 23rd Nov after 6pm mass (note earlier mass time as Bishop is in attendance)
- *Cuppa & Connect Sunday 1st Dec after 10am mass
- *Cuppa & Connect Sunday 8th Dec will not be held as SVP Christmas dinner is being held @ 2pm
- *Cuppa & Connect Sunday 15th Dec after 12 midday mass
- *Christmas Cuppa & Connect Sunday 22nd Dec after 10am mass. Fundraiser for the DANNY MILLS FOUNDATION to raise money for a parish centre defibrillator. Special appearance from Santa
 & Christmas disco! Non-alcoholic mulled wine, mince pies, sausage rolls will be served and treats for all! Ballot tickets will be on sale and prizes will be drawn on this date



As we begin the Advent season this year, please join us in praying this Pastoral Community initiative, a Novena to the Immaculate Conception. In St Comgall's Brunswick road, beginning on Sunday 1st Dec at 5pm, at 7pm each night from Monday to Friday, after the Vigil Mass on Sat 7th, 5pm on Sun 8th, ending after the Evening Mass, on the Feast of the Immaculate Conception. The Novena is available in the news section of the Parish Website, booklets are in the church. 'Here am I, servant of the Lord; let it be with me according to your word.' O come Emmanuel!

PARISH CENTRE – PARISH GROUPS 2023

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

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

Your prayers are requested for

Month's Mind: Margaret Stewart

Anniversaries: Peggy Connell, Daniel McCambridge, Maureen Duffy, Vincent Jamison Snr, Anita Delaney, Marion McLarnon, Cathal McCrory, Jackie Campbell, Geraldine Shields, Tom & Margaret Clearly, Mary McGuigan, Kathleen Horan (McPoland), Rose & Walter Gethin

"Caring to the End: Why Euthanasia Is Not An Answer to Suffering.

Speakers: Dr Dominic Whitehouse (Palliative Care Consultant) and Jack Valero (communications expert and founder of Catholic Voices)

Location: St Malachy's Parish Hall, 24 Alfred St, Belfast BT2 8EN (public transport options and free parking nearby

after 6PM)

Time: 7pm 29th November 2024

For more information contact-emily@faithversed.com or 07481940689"

NI CANCER PILGRIMAGE TO LOURDES Sat 10 May to Thurs 15 May 2025

The price of £859 (with price reduction for Cancer Patients) includes: Return flights from Belfast International Airport, operated by Northern Star Travel Ltd and facilitated by Joe Walsh Tours. Full board and accommodation at the Hotel Agena in Lourdes for five nights based on twin/double/triple rooms.

The party will consist of patients, ex-patients, relatives and friends accompanied by medical, nursing and other staff. To enquire or to obtain a booking form please contact:- Mrs Jean Clarke, Hon. Secretary, NI Cancer Pilgrimage, 67

Ballynahinch Road, Carryduff, Belfast, BT8 8DL, or speak to us on Tel. **078746 88388, or e-mail at:-**mail@nicancerpilgrimage.org.uk

ARDS CCE UPCOMING EVENTS

Ards CCE Christmas present a traditional Irish Christmas concert, with a variety of acts in the parish centre Tickets £5 from Thomas shop, **Sunday 1st Dec** 5pm.

Christmas Ceili with Cap On The Wall **Friday 13th Dec**, imperial bar 8 pm, tickets £10 from Thomas shop. No previous experience necessary.

Lots of dancing and great songs from the band.

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/

Accord NI Catholic Marriage Care Service seeking

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!

Marriage Preparation Facilitators

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

<u>www.accordni.com</u>

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

JANUARY 2024				