

# 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

## 12<sup>th</sup> Sunday, Year A – 25th June 2023

### Your prayers are requested for

#### Recently Deceased:

Danny De Largy

#### Anniversaries:

Paul Robinson  
Veronica Bintley  
Kerry Rafferty  
Sean Magee  
Angela Crawley-Smith  
John & Leo McDowell  
Shelia Leslie  
Brendan Donaghy  
Kathleen & Michael Duffy  
Jim Devine  
Frank Quinn  
John McManus  
Shelia Ringland  
Margaret Ormsby

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 25<sup>th</sup> June 2023 @ 9.00am

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 24<sup>th</sup> June @ 6.30pm and  
Sunday 25<sup>th</sup> June @ 10am & 12noon

#### MASS TIMES FOR:

**DAILY MASS NEXT WEEK – 26<sup>th</sup> – 30<sup>th</sup> June 2023**

Morning Mass: Monday to Friday @ 9.30am

#### BAPTISM REGISTRATION

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

### Pathways to the Future Prayer

God of Love,  
You are with us in every transition and change.  
As we enter into this new era with excitement and even some anxiety,  
we recall your deep compassion, presence, and abounding love.  
We thank you for the gifts, talents and skills with which you have blessed us.  
We thank you for the work of others that gives breadth and depth to our own work.  
Be with us as we move forward, rejoicing with you and supporting one another.  
We ask this in your Holy Name. AMEN

### SVP TREASURER

The St Comgall's Conference of St Vincent De Paul is seeking to recruit a volunteer Treasurer to join the Conference.

This is an unpaid role. Open to all who express an interest, but it would particularly suit a retired person who has some background or experience in book-keeping and is comfortable maintaining accounts on a computer. The Conference meets for approximately 2 hours every Tuesday evening in the Parish Centre, and it would be expected that the Treasurer would attend the majority of those meetings. In addition, the Treasurer would need to be able to devote approximately 2 hours per week to the finances of the Conference. Full training would be provided.

Please support **Trocaire Coffee** morning on **Sunday 25 June** after both masses.

**Big ballot prizes.**

**Trocaire**  
Working for a just world.

### Belfast Pilgrimage to the Holy Land at Christmas 2023

Last remaining places for special Belfast Pilgrimage to the Holy Land at Christmas 2023 ex Dublin.

Taking in Bethlehem, Jerusalem, Nazareth, Dead Sea, Sea of Galilee, Last Supper Room, Garden of Gethsemane and Mount of Olives.

Full day in Bethlehem on Christmas Day.

Contact James Treacy  
0035361921470 [jamestreacyphotography@gmail.com](mailto:jamestreacyphotography@gmail.com)

**PARISH CENTRE – PARISH GROUPS 2023**

| <b>MONDAYS</b>   | <b>TUESDAYS</b>   | <b>WEDNESDAYS</b>   | <b>THURSDAYS</b>  |
|--|---|---|---|
| <b>BRIDGE CLUB</b><br>at 7.15 until 9.45pm<br><br><b>YOUTH CLUB</b><br>6.30pm – 8.30pm<br><br><b>LECTIO DIVINA GROUP</b><br>7.30pm – 8.30pm<br>[St Dymphna's Room] | <b>FRIENDSHIP CLUB</b><br>at 10.00am<br><br><b>IRISH DANCING CLASSES</b><br>at 6.00pm<br><br><b>SENIOR CHOIR</b><br>Starting 11 <sup>th</sup> October at 7.30pm | <b>MENCAP</b><br>Every fortnight at 6.00pm<br><br><b>YOUTH CLUB</b><br>6.30pm – 8.30pm<br><br><b>BADMINTON</b><br>Every fortnight at 8.00pm | <b>St Comgall's Guide Unit</b><br>(Girls aged 6-18)<br>at 6.30pm<br><br><b>IRISH CLASS &amp; CEILI DANCING</b><br>at 7.00pm |

**BOOKING OF PARISH CENTRE:** Contact Thomas on 07305 746 263 or Email: [mcmullanthomas481@gmail.com](mailto: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](mailto:bangor@downandconnor.org)**

**Dromantine Summer Camp**

For over 50 Years Dromantine Summer Camp, ran by SMA on the grounds of Dromantine Conference Centre, just outside of Newry, has been hosting young people for a week full of unforgettable memories. A week of camp includes Sports, Talent and Individual Skills Shows, Quiz and Movie Nights, Reflective Prayer and Mass. A few spaces are still available for Boys Camp during the month of July. Check out our website for more details and registration information. <https://www.dromantinesummertimecamp.co.uk/camp-registration>



**ARDS CCE Fundraising Coffee Morning**

Many pupils from our parish schools and Ards CCE 15-18 year group will be heading to Milan in July to follow in the footsteps of Columbanus. They will be playing a range of shows whilst there as well as visiting the cathedral in Milan and performing. They are holding a fundraising traditional music coffee morning in the parish centre on **Sunday 2<sup>nd</sup> July** after **10am** and **12 noon** masses. Please support.

**Children's Liturgy Volunteer Appeal**

Please contact Emma in the Parish Office if you would be interested in assisting in our Children's Liturgy programme commencing in **Sept 2023**.

**VACANCY – PARISH CENTRE CLEANER**

Please be advised that the details for this post can be found in the **NEWS** section of the parish website.

**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.

**Tobar Mhuire Summer Institute**  
**22<sup>nd</sup> – 23<sup>rd</sup> June**

***“Blessed are the Peacemakers”***



**Speakers:**

**Fr Chris Monaghan CP: *Set My People Free – Peacebuilding in the Scriptures***

**Peter McBride: *Trauma as a spiritual fracture***

**Brian McKee: *Imagining a new and shared future together***

Each day begins at 10 am with tea/coffee and finishes each afternoon with optional liturgy at 4.30pm.

**Conference Costs:** £40 per day (to include tea/coffee/light lunch)

**Residential Cost for Evening meal / Bed and Breakfast:** £75 – single / £60 shared (plus conference cost)

For further information or to book your place:

Contact Tobar Mhuire T: 0284483044

Email: [secretary@tobarmhuire.com](mailto:secretary@tobarmhuire.com)



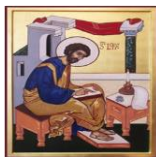
**ST VINCENT DE PAUL HELPLINES**

**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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All-Ireland Rally for Life takes place in Dublin on Saturday 1st July. Make a stand to protect Ireland's unborn babies. Coaches travelling from towns across Northern Ireland. to book your seat contact **02890278484/ 07592280522** or email [info@preciouslife.com](mailto:info@preciouslife.com)

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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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## Belfast Pilgrimage to the Holy Land at Christmas 2023

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Full day in Bethlehem on Christmas Day.

Contact James Treacy 0035361921470 [jamestreacyphotography@gmail.com](mailto:jamestreacyphotography@gmail.com)

## **OTHER NOTICES:**

### ▪ **COLUMBANUS ACROSS EUROPE**

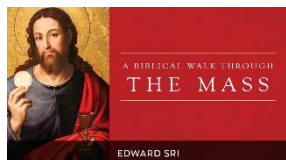
Dear Friend of Columbanus Bangor, An Italian Columbanus friend sent me the link below which is a beautifully illustrated copy of a children's book written by Giovanni Caselli about the journeys of Columbanus across Europe through the eyes of a young trainee monk called Finbar. <https://rotharoutes.com/wp-content/uploads/2015/09/columbanus.pdf>

### ▪ **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'.

### • **Lough Derg 2023**

The Living Church Office are organising a three-day pilgrimage to Lough Derg. The Pilgrimage will be led by Jim Deeds. Dates Friday 30<sup>th</sup> June – Sunday 2<sup>nd</sup> July 2023. Cost £90 includes luxury coach transfers. Bus departs 9am Friday 30<sup>th</sup> June from Glengall Street. Places are limited so early booking is recommended. Contact Claire Tel: 02890 690920 Email: [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org)



The Mass is nothing short of amazing. The words, the gestures, and the rituals of the Mass are rich in meaning. Everything we say and do in the Liturgy is steeped in biblical language. We invite you to join us for the programme, ***A Biblical Walk Through the Mass (Edward Sri)***, where we will explore the roots of the words and gestures we experience at Mass and reflect on their profound significance. We hope that this fascinating tour of the Mass will renew your faith and deepen your love & devotion to the Holy Eucharist. This programme will be facilitated by Fr Paul Byrne and Aishling Steen beginning on **Monday 29<sup>th</sup> May @7pm for 5 weeks online via zoom**. To book your place please contact the Living Church Office at **02890690920** or e-mail [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org)



### **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 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](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

#### Wednesday 10 May

Saint Comgall, Abbot of Bangor

#### Sunday 21 May

The Ascension of the Lord

#### Wednesday 24 May

Day of Prayer for the Church in China

#### Sunday 28 May

Pentecost Sunday

#### Monday 29 May

The Blessed Virgin Mary, Mother of the Church

#### Wednesday 31 May

The Visitation of the Blessed Virgin Mary

#### Sunday 4 June

The Most Holy Trinity

#### Friday 9 June

St Columba

#### Sunday 11 June

Corpus Christi

#### Saturday 17 June

The Immaculate Heart of Mary

#### Sunday 18 June

Collection for Peter's Pence

#### Saturday 24 June

The Nativity of St John the Baptist