PARISH OF BANGOR, ARDS PENINSULA FAMILY OF PARISHES

Parish Priest: Very Rev Joseph Gunn St Comgall's Presbytery, 27 Brunswick Road, Bangor, Co Down, BT20 3DS
T: (028) 9146-5522 **Permanent Deacon**: Rev James McAllister **T:** 07751 851444
Email:bangor@downandconnor.org **Website**:www.bangorparish.com **Office Hours**: Mon-Fri 10am to 1pm.

Thirtieth Sunday in Ordinary Time, Year A – 25th October 2026

Your prayers are requested for:

Recently Deceased:

Month's Mind:
Brian Hollywood

Anniversaries:

Peter McQuaid	Patrick OD Fox
Mona Mulligan	Peter Jenning
Bernadette McAnulty	Camilla Cox
Margaret Stewart	Agnes McGrogan
Stephen Lennon	Dennis Gray
Eileen Deeny	Desmond Duncan

Dr Oliver Hinds
Sandra & Andy Wilson
Tom & Hannah Carlin
Jack & Marie Hamill

MASS TIMES NEXT WEEK

DAILY MASS:

Monday 26th – Friday 30th October 2026 @ 9.30am

ST COMGALL'S CHURCH DONAGHADEE
Sunday 01 November 2026 @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD
Saturday 31st October @ 6.30pm
Sunday 01 November @ 10am & 12noon

BAPTISMS

Please register online SIDE BAR under Baptism registration
Baptisms are celebrated on Sundays @ 1.15pm

Defibrillator Network Free Training

Ards and North Down Borough Council is supporting the Chain of Survival by facilitataing a free Community Defibrillator and CPR workshop, which will be delivered by the Northern Ireland Ambulance Service (NIAS). The workshops are open to all and will include a practical CPR training element, giving attendees the opportunity to develop hands-on lifesaving skills.

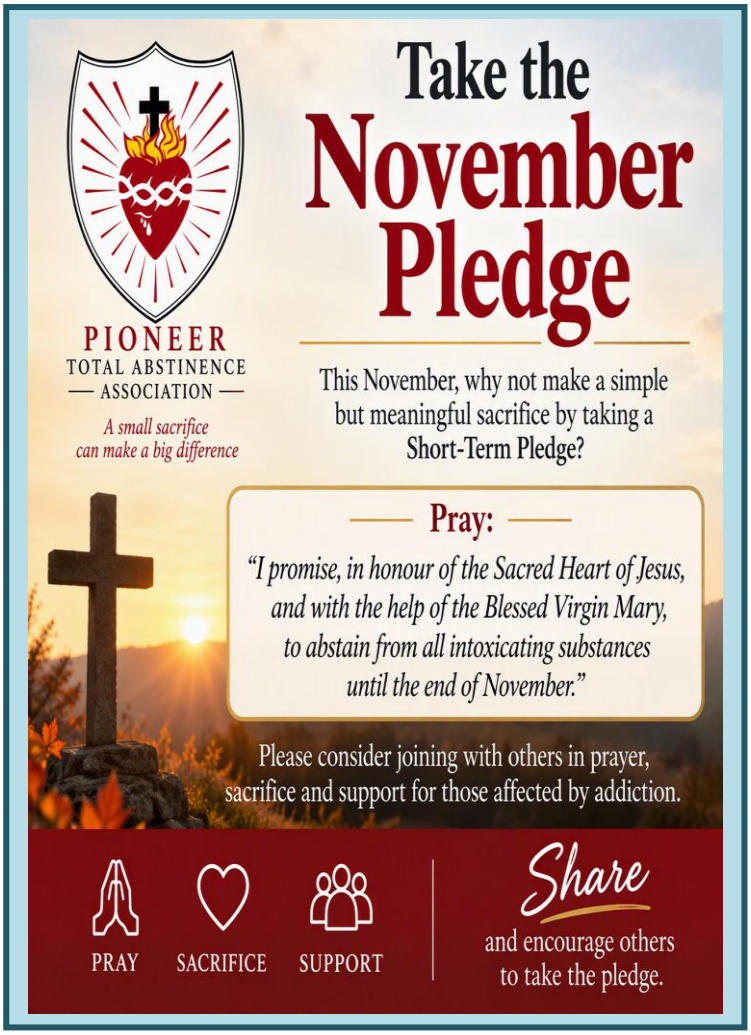
Wednesday 04 November 2026

7.00pm – 8.30pm

Donaghadee Community Centre – The Parade, Donaghadee, BT21 0HG

To register your interest in attending this training session, please email

communityhalls@ardsandnorthdown.gov.uk



PARISH CENTRE – PARISH GROUPS 2026

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15pm until 9.45pm [Minor Hall] **LECTIO DIVINA GROUP** 7.30pm – 8.30pm [St Dympna's Room] **BADMINTON** NOW WEEKLY at 8 to 9pm [Main Hall]	**FRIENDSHIP CLUB** at 10.30am [Minor Hall] **IRISH DANCING CLASSES** at 6.00pm to 8.30pm [Main Hall] **SVP** at 7.30pm to 9.30pm [St Dympna's Room]	**MEDITATION GROUP** at 12pm to 1.30pm [St Dympna's Room] **FOLK GROUP** AT 6.30 -7.30pm [St Dympna's Room] **SENIOR CHOIR** At 7.30pm [St Dympna's Room] **YOUTH CLUB** AT 6.30 -8.30pm [Main Hall]	**St Comgall's Guide Unit** (Girls aged 6-18) at 6.15pm to 8pm [Main/Minor Hall] **IRISH LANGUAGE CLASS** At 7pm to 8pm [St Dympna's Room] **CEILI DANCING** at 8.15pm to 9.30pm [Minor Hall]	**Ju-Jitsu Club** (Juniors 5-15yrs) 6-7pm [Main Hall] **Discussion Group** At 7.30pm – 9pm [St. Dympna's Room]

St Comgall's Men's Friendship Group

Across the parish, there are many men who are living on their own or have retired or are just at a loose end. Mindful that no specific activity is organised for men in the parish, the plan is to set up a Men's Friendship Group, a bit like the men's shed concept, but more focused on broader activities such as sports, hobbies/crafts, cooking skills, healthcare, wellbeing, benefits entitlement, quiz competitions, board games, visits to tourist attractions, day trips to interesting venues such as heritage/religious sites, or simply just meeting up for a chat and banter over tea or coffee. Once the level of interest is determined, it is hoped to develop a calendar of events.

An information meeting will take place in the Parish Centre on **Wednesday 28th October at 4.00 pm** to gauge the level of interest. So please if you are interested or you know a man who may be interested, you and they are encouraged to come along and see what is on offer. Also tell us what you think could be offered, as there are many people out there with talent, skills and experiences we could all benefit from. The group welcomes men from all backgrounds and age groups. So please come along, you will be made very welcomed. We look forward to meeting you.

THANK YOU

The Parish of Bangor owes an enormous debt of gratitude to Mrs Sonia Devitt who has led the Parish Safeguarding Committee for several years. She carried out this very important role in protecting our children and vulnerable adults with remarkable professionalism and total dedication. As she steps down to fully enjoy her retirement we welcome as her successor Mrs Elaine McAllister and wish her every success in this demanding role.

Cuppa & Connect will take place

Time: Right after the 10am Mass

Upcoming October Date: 25th October

Day Pilgrimage to Knock on **Monday 2nd November** for feast of All Souls, leaving St Agnes at 7.30am. Price £30 (includes tea and scone). **Contact Pat 07946917354 or Harriet 07812098991**.

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ST VINCENT DE PAUL HELPLINES

Bangor Conference 07703679384
(covering Bangor West, Clandeboye/Newtownards Road area, Kilcooley, Helens Bay and Crawfordsburn)
Ballyholme/Donaghadee Conference 07703679389. (covering Bangor city centre, Bangor East/Ballyholme, Balloo/Bloomfield Road area, Groomsport, Donaghadee and Millisle

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	