

# 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

## Our Lord Jesus Christ, King of the Universe, Year A – 26<sup>th</sup> November 2023

### Your prayers are requested for

#### Recently Deceased:

Bishop Anthony Farquhar DD  
Nancy Brennan *nee Gormley* (Enniskillen)  
Cathal McCrory (Dromore)  
Rita Thornberry  
Jackie Campbell (Glengormely)

#### Month's Mind:

#### Anniversaries:

Daniel McCambridge  
Peg Connell  
Michael Nancarrow  
Geraldine Shields  
Ina Millan  
Vincent Jamison Snr  
John & Margaret Cleary

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 26<sup>th</sup> November 2023 @ 9.00am

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 25<sup>th</sup> November @ 6.30pm and  
Sunday 26<sup>th</sup> November @ 10am & 12noon

**MASS TIMES FOR:  
DAILY MASS NEXT WEEK 27<sup>th</sup> – 1<sup>st</sup> December 2023**

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

**trocaire**  
Working for a just world.

Please join us for our Trocaire Christmas Coffee Morning on **Sunday 26<sup>th</sup> November** after both Masses

**November** after both Masses

- Big Ballot Prizes
- Tombola
- Bottle Gift Bags
- Toys
- Trocaire Gift Christmas Cards

**There will be a visit from SANTA!  
EVERYONE WELCOME**

### Violet & Seamus Bowler

invite you to attend  
a Tea & Coffee morning  
at their home

23 Dellmount Road,  
Bangor, BT20 4TY

Tuesday 28<sup>th</sup> November  
10:30am - 12:30pm



07759 911 469

All proceeds going to NI Hospice

## COLUMBANUS FESTIVAL

Commemorating the life and legacy of Columbanus 24<sup>th</sup> - 26<sup>th</sup> November 2023

- 24 November/Bell Ringing/7.15pm - 8.00pm/Free  
St Comgall's Church of Ireland, Hamilton Road, Bangor  
Colin Holliday, Tower Captain of the St Comgall's bell ringers, will give a short introductory talk followed by a bell ringers practice session to herald the beginning of the Columbanus Festival.
- 25 November/Bangor Bell Workshop for Parent and Child/11.30am - 12.30pm/£15 per couple  
Seacourt Print Workshop, The Old Ulster Bank, Main Street, Bangor  
Print your own limited edition Bangor Bell postcard using letterpress. Materials supplied.
- 25 November/The Columbanus Lecture/11.00am - 1.00pm/£5 (including lunch)  
Bangor Abbey Parish Centre, Abbey Road, Bangor  
Renowned expert, Cormac Bourke, will deliver a talk on 'Early Irish Monastic Bells Revisited'.
- 25 November/Bangor Bell Workshop for Parent and Child/1.00pm - 2.00pm/£15 per couple  
Seacourt Print Workshop, The Old Ulster Bank, Main Street, Bangor  
Print your own limited edition Bangor Bell postcard using letterpress. Materials supplied.
- 25 November/Bangor Bell Workshop for Adults/2.30pm - 3.30pm/£15  
Seacourt Print Workshop, The Old Ulster Bank, Main Street, Bangor  
Print your own limited edition Bangor Bell postcard using letterpress. Materials supplied.
- 25 November/ Columbanus Cultural Evening/8.00pm (doors open at 7.30pm)/£5  
Bangor Golf Club, Broadway, Bangor  
An evening of words, music and song to commemorate the life of Columbanus with special guests Ards CCE traditional Irish musicians.
- 26 November/Columbanus Bell Walk/1.30pm - 3.00pm/Free  
Meet at the Bangor Bell beside Bangor Abbey at 1.30pm  
Brigid Watson and Barbara Boyle, experienced and qualified tour guides, will lead a guided walk which traces the footsteps of Columbanus from Bangor to Bobbio by following the Bangor Bell Trail.
- 26 November/Columbanus Church Service/7.00pm - 8.00pm/Everyone welcome  
City Church Bangor (formerly First Bangor Presbyterian Church), Main Street, Bangor  
A cross-community church service. To support those in need, please bring a Christmas food gift or grocery item along to the service. These items will be distributed to the Store House North Down.  
Guest speaker: Brother Thierry Marteaux OSB (Order of St Benedict), Holy Cross Abbey, Rostrevor.

For further information on events, please visit [www.friendsofcolumbanusbangor.co.uk](http://www.friendsofcolumbanusbangor.co.uk)  
With the exception of the Church Service, all events must be booked online at [www.visitardsandnorthdown.com](http://www.visitardsandnorthdown.com) or in person at Bangor or Ards Visitor Centres or call 028 9127 0069

FRIENDS OF  
COLUMBANUS  
BANGOR

Communities  
Pobal  
Communities

Ards and  
North Down  
Borough Council

### Confirmation preparation classes for children not attending the parish schools.

The above classes will begin in the parish centre on **Sunday 14<sup>th</sup> January 2024 at 10:30am** for preparation of the sacrament.

Parents are asked to contact the parish office with their details.

The classes are open to children currently in P7 and older and a parent/guardian is requested to attend with their child. The closing date for applications is **Tuesday 12 December 2023** (please note there will be limited numbers).

## ARDS CCE CHRISTMAS EXTRAVAGANZA CONCERT

This concert will take place Sunday 3<sup>rd</sup> December in St Comgall's parish centre at 5.30pm. An evening of traditional Irish Christmas music with song and dance. Tickets £5 from Thomas' shop or pay at the door, great ballots and tea/coffee.

Cap on the wall Christmas Special Friday 15<sup>th</sup> December with guests and champion dancer Lynsey Smyth. Imperial Bar function Rooms, doors open 7.30pm. Tickets £10 from Thomas' shop or Eventbrite.

**PARISH CENTRE – PARISH GROUPS 2023**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>
<b>BRIDGE CLUB</b> at 7.15 until 9.45pm  <b>LECTIO DIVINA GROUP</b> 7.30pm – 8.30pm [St Dympna’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>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	<b>St Comgall’s Ju-Jitsu Club</b> (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](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)**

**STOREHOUSE BANGOR CHRISTMAS APPEAL**

As Christmas approaches, we are aware that many will need help.

In the first two weeks of December, we will again be giving out approximately 400 hampers. Please do consider supporting us with the usual groceries but also with Christmas fayre eg, mince pies, small Christmas cakes and puddings. **These cannot be given out if they contain alcohol.** Please bring this to the attention of your congregation.

We also add chocolates, selection boxes, bottles of Shloer, shortbread and boxes of biscuits, tins of ham, cranberry sauce and those treats that help to make Christmas special. **We hope to start making up our hampers in the week beginning 4th December.** Our last day for Christmas hampers will be 15th December.

**This means that we really need our Christmas goodies with us at the beginning of December.**

**Thank you for your help**

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Relax with a hot chocolate and a mince pie. This Advent season let's journey with the Holy family. Contemplating, praying, quieting our hearts and minds, with Hope, Love, Joy and Peace, O come Emmanuel. In St Dympna's room, St Comgall's parish centre, 7.30pm on Monday evenings, 27th Nov, 4<sup>th</sup> Dec, 11<sup>th</sup> Dec and 18<sup>th</sup> Dec.

**All welcome, children to be accompanied**

**“Advent to Christmas” Afternoon of Reflection with Fr Perry Gildea cm**

Drumalis Retreat and Conference Centre, Larne - Saturday, 2 December from 2 pm - 5 pm

Fr Perry will lead a gentle afternoon of reflection as we begin the Advent journey, concluding with celebration of the Vigil Mass of the First Sunday of Advent. The afternoon is free of charge though donations are welcome. Pre-booking is essential. To book a place, please contact Drumalis by phone 028 2827 2196/2827 6455 or by email [drumalis@btconnect.com](mailto:drumalis@btconnect.com)

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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](http://www.pioneerassociation.org/calendar)

**St. Pats Does Strictly Christmas is taking place in St. Patrick's Hall Newtownards on Fri Dec 1 and Sat Dec 2 at 7pm and Fr. Martin is once again taking to the floor. Tickets are £15 which includes a welcome drink on arrival and are available from Thomas McMullen.**

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.

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**ADORATION** – would anyone in the adoration group be willing to swap their earlier time slot to a 3-4pm time slot? Please contact Emma in the Parish Office to arrange.

**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**

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**Slow Down for Advent: Space and time for you and God to get ready for Christmas together. Led by Breige O'Hare. 11am – 3pm, Saturday 25 November 2023. Holy Rosary Parish Hall. Ormeau Road. Bring lunch. Tea/coffee provided. Donation £10. Very popular day, so booking is essential via [breigohare@firststepwell.com](mailto:breigohare@firststepwell.com) or by ringing 07565502662**

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"Youth 2000 Ireland are having their annual Christmas retreat in Dominican College, Newbridge, Co Kildare on the 8th -10th of December for ages 16-35. This promises to be a special retreat!! Excellent Speakers, Inspiring Talks & Workshops, Fantastic music, Group activities, Youth Masses, Adoration, Reconciliation, prayer, Drama, Games & plenty of time to chill out, meet new people and find out what it means to be young & Catholic today!! There are free buses leaving from all over the country to the retreat. Donation only. Find out more and register now on [www.youth2000.ie](http://www.youth2000.ie)"

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**Annual Mass for Deceased Clergy & Religious**

The Annual Mass for Deceased Clergy and Religious who have in this past year (1<sup>st</sup> November 2022 - 31<sup>st</sup> October 2023).

The Mass will take place

On: **Tuesday 28<sup>th</sup> November 2023**

In: **St Peter's Cathedral (Belfast)**

At: **7:30 pm**

The Mass will also be broadcast online

at: <http://www.churchservices.tv/stpeterscathedral>

Parishioners, Clergy and Religious from throughout the Diocese are invited to join the families of the deceased to offer Mass together with our Bishop.

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**Open Day Information for September 2024 Admission**

**St Comgall's Primary**

St Comgall's Primary School warmly invites all prospective new parents/carers, and their children, to our Open Night on **Thursday 7<sup>th</sup> December 2023** with the Principal address at 7pm and tour to follow. If you require any additional information, please contact [ajones169@c2kni.net](mailto:ajones169@c2kni.net) in the school office.

**St Malachy's Primary School and Nursery Unit**

The Principal & Staff of would like to welcome prospective Nursery and P1 parents and children to their OPEN NIGHT on **Tuesday 5<sup>th</sup> December 2023** at 6pm.

Address by Principal and Staff members, followed by tours of the school. If you require any further information, please contact the Principal via email [srafferty812@c2kni.net](mailto:srafferty812@c2kni.net).

**St. Comgall's Pre-School**

The staff in St Comgall's pre-school would like to invite prospective pre-school parents/carers to their Open Morning on **Thursday 7<sup>th</sup> December 2023** from 9.30am to 11am.

If you require any further information, please phone the Pre-School on 02891 468844 between 11.50am-12.30pm daily.

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Mass for the deceased Pioneers of Down and Connor will be celebrated in St Agnes' Church, Andersonstown Road on Wednesday, 29<sup>th</sup> November at 10.00am.

Celebrant is Rev. Fr Raymond McCullagh PP



St Comgall's Pre-School Education Centre  
St Comgall's Parish Centre  
23 Brunswick Road, Bangor BT20 3DS

Leader: Ms Colette O'Reilly  
Deputy Leader: Mrs Patricia McWilliams  
Assistants: Mrs Susan McDowell & Mrs Jan Alcock

## St. Comgall's Pre-School Open Morning

We will be holding our 'Open Morning' on  
Thursday 7<sup>th</sup> December 2023 from 9.30am to 11am  
For the academic school year 2024/25

If you require any further information, please phone the Pre-School on  
02891 468844 between 11.50am-12.30pm daily

'St. Comgall's Pre-school Education Centre's main aim is to promote the social, emotional and early educational development of each child in a safe, friendly, caring and fun filled environment'



Email: [info@stcomgallspreschool.org.uk](mailto:info@stcomgallspreschool.org.uk)

Tel: 02891 468844 / Twitter: [@StCPreSchool](https://twitter.com/StCPreSchool)

## ST VINCENT DE PAUL HELPLINES

### **Bangor Conference 07703679384**

(covering Bangor West, Clondeboye/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](mailto:email@familycareadoption.org)

Phone: 02890 691133

Website: [www.familycareadoption.com](http://www.familycareadoption.com)

We are waiting to hear from you!

**Fr Alec Reid - Blessed are the Peacemakers**  
**Wednesday, 29 November 7.30pm in Clonard Church**

Join us in marking the 10th Anniversary of Fr Alec Reid's death as we watch together the award winning film "14 Days" (Doubleband Films, 2013) on his contribution to the peace process in some of the darkest days of The Troubles. Introduced by Rev. Steve Stockman of Fitzroy Presbyterian, the evening will be one of thanksgiving, prayerful reflection and inspiration. The film lasts one hour. Special guests to include Rev. Harold Good (who witnessed decommissioning with Fr Alec), and Rev. Ken Newell (former Moderator of the Presbyterian Church in Ireland). Light refreshments in the monastery after. All welcome.

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**GREAT WOMEN OF PRAYER & FAITH: AN ADVENT**

**JOURNEY**

There will be three talks during Advent in the Parish Centre, at St Colmcille's Ballyhackamore on Wednesday evenings: 6th, 13th, and 20th December at 7.30pm. The talks will be given by Mary Cairns, Rev Paul Hutton and Paula McKeown respectively. The evenings will conclude with supper. All are welcome.

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**DOWN AND CONNOR DIOCESAN TRUST**

**ST COLMCILLE'S PARISH BELFAST : VACANCY**

**YOUTH & PASTORAL MINISTRY CO-ORDINATOR**

An exciting opportunity has arisen where we seek to recruit, in a paid role, a Youth & Pastoral Ministry Co-ordinator. The post holder will be required to assist the Parish Priest in the development of Youth and Pastoral Ministry within St Colmcille's Parish, through the delivery of various programmes and initiatives. Hours of work - 20 hours per week, flexibility will be required from time to time. Full details relating to the vacancy, including an application form can be found on the Diocesan website at:

<http://www.downandconnor.org> clicking on the tab: job vacancies.

Closing date: this Tuesday 28th November at 12 noon.

## Mary's Meals – Double the Love

Mary's Meals is keeping the promise of a daily school meal to over 2.4 million children in 18 countries. Our Double the Love Campaign has launched, and all donations made to Mary's Meals until 22nd January 2024 will be doubled by a group of generous supporters, up to £1million. Amongst the many challenges we see in today's world, from conflict to the cost-of-living crisis, your little acts of love can go further thanks to Double the Love, bringing hope to desperately hungry children and their families. Please pray that we can reach even more children around the world with our life-changing school meals this Christmas. Find out more and browse our Christmas gift cards at [marysmeals.org.uk](http://marysmeals.org.uk) or freephone 0800 698 1212.

Thank you for your ongoing support of our Mary's Meals mission.

Kindest Regards,

Caoimhe McCann



**Caoimhe McCann**  
**Supporter Engagement Officer – Northern Ireland**  
**Mary's Meals UK**  
Based in Belfast, N.I  
t: 07394564065  
e: [caoimhe.mccann@marysmeals.org](mailto:caoimhe.mccann@marysmeals.org)



## 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.soulpardonmission.com](http://www.soulpardonmission.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

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