

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

21st Sunday, Year A – 27th August 2023

Your prayers are requested for

Recently Deceased:

Alice Havlin
Pat Carey
Michelle Shields
Rosalinda Bali Ola
Paula Rice (Gillespie)

Month's Mind:

William McGrattan

Anniversaries:

David Anderson
Diana Thayil
Sean O'Kane
Philip Gunn
Patricia McManus

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 27th August 2023 @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 26th August @ 6.30pm and
Sunday 27th August @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK 28th – 1st September 2023

Morning Mass: Monday - Friday @ 9.30am
Requiem Mass: Tues & Wed @ 10am

BAPTISM REGISTRATION

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

RADIO MARIA IRELAND

RADIO MARIA IRELAND continues to grow across the island of Ireland! We are launching our Belfast Studio, located in St Marys Church, Chapel Lane, BT1 1HH on Thursday 7 September, the Vigil of the Feast of the Nativity of the Blessed Virgin Mary. Starting with a 6pm Vigil Mass in St Mary's Church followed by tea/coffee and an information evening about Radio Maria and its Mission, Vision and how it can help support the faithful in Ireland today. Why not come along and bring some friends! For more information www.radiomaria.ie or call 00353 86 838 9989.

One Day Lough Derg Pilgrimage Saturday 23rd September 2023

The Living Church Office are organising a one-day pilgrimage to Lough Derg as this is a One Day Retreat, fasting and walking barefooted is not required. Cost £55 includes luxury coach transfers, tea, coffee & scones on arrival, retreat day, light lunch, concluding with celebration of the Eucharist. Bus departs 7am From St Patrick's Church, Donegall Street. Places are limited so early booking is recommended. Contact Claire Tel: 02890 690920 Email: livingchurch@downandconnor.org

Right to Life UK

"We pray for pregnant women who feel they are faced with a difficult decision. We ask that they may be given hope, filled with the love of God, and guided away from a course of despair and onto one of love and acceptance of the gift of Life. Lord hear us."

GROWTH IN PRAYER AND REFLECTIVE LIVING

ONE-YEAR PROGRAMME FOR THOSE WHO
WANT A CLOSER RELATIONSHIP WITH GOD

Living out faith isn't easy against the backdrop of our fast-paced, noisy and instantaneous culture. The **Growth in Prayer and Reflective Living** course will give you the tools and space to become attuned to God's voice in the midst of the clamour.



20 Monday evenings, via zoom, beginning on Monday 18th September 7.15–9.15pm. For further details on dates and fees, telephone 02828 272196 during office hours or email katrina@drumalis.co.uk.

PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
BRIDGE CLUB at 7.15 until 9.45pm YOUTH CLUB 6.30pm – 8.30pm 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 YOUTH CLUB 6.30pm – 8.30pm 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

BOOKING OF PARISH CENTRE: Contact Thomas on 07305 746 263 or Email: mcmullanthomas481@gmail.com

The Parish Centre is closed for the summer and classes will recommence in September 2023

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

BRIDGE CLUB will recommence on Monday 4th September at 7.15pm

Walk with singer-songwriter Dana in the footsteps of St Patrick with pilgrim guides Martina Purdy and Elaine Kelly on September 23rd. Dana has just written a new song Light the Fire for St Patrick. Begin the six-mile camino adventure at the Saint Patrick Centre, Downpatrick with IMAX film about St Patrick, take guided river walk to ruins of 12th Century Inch Abbey, and then journey to Saul to visit the site of Patrick's first church & his grave, Down Cathedral. Bus transfers, pilgrim passport & lunch included is £45. Book The Saint Patrick Centre 02844 619000 www.saintpatrickcentre.com

Unlocking the Mystery of the Bible.

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 to learn how to read the bible, understand it and so experience its life changing power.

Unlocking the Mystery of the Bible is an 8-week programme. Course participants will receive a resource pack and gather online for a time of teaching, discussion, and prayerful reflection. The program will conclude with a Retreat Day. Venue: Holy Rosary Parish Centre, 503 Ormeau Road, Belfast BT7 3GR Date: Saturday 18th November 10:00am - 4:00 pm.

Beginning: **Monday 18th September for 8 weeks.** Online Via Zoom

Facilitators: Aishling Steen & Fr Paul Byrne from the Living Church Office.

For further information or to book your place please contact livingchurch@downandconnor.org or 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)

Saint Luke's and Nativity Parish Offices



From Wednesday 17th 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

nativity@downandconnor.org

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.

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://rotharroutes.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 or on 0800 0720 137....remember ,every child is just one caring adult away from success'.



8th Sunday in Ordinary Time, Year A – 26th 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.

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.

<p>Never permit me to be separated from you. Amen. <i>composed by Saint Alphonsus Liguori</i></p>	<p>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</p>
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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

MAY/JUNE 2023	
<p>Wednesday 10 May Saint Comgall, Abbot of Bangor</p>	<p>Sunday 4 June The Most Holy Trinity</p>
<p>Sunday 21 May The Ascension of the Lord</p>	<p>Friday 9 June St Columba</p>
<p>Wednesday 24 May Day of Prayer for the Church in China</p>	<p>Sunday 11 June Corpus Christi</p>
<p>Sunday 28 May Pentecost Sunday</p>	<p>Saturday 17 June The Immaculate Heart of Mary</p>
<p>Monday 29 May The Blessed Virgin Mary, Mother of the Church</p>	<p>Sunday 18 June Collection for Peter's Pence</p>
<p>Wednesday 31 May The Visitation of the Blessed Virgin Mary</p>	<p>Saturday 24 June The Nativity of St John the Baptist</p>