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

Fourth Sunday in Ordinary Time, Year B – 28th January 2024

Your prayers are requested for

Recently Deceased:

Month's Mind:

Mary Cassidy

Anniversaries:

Professor John Dunwoody
John McMullan
Bee Bunting
Rosaleen Lennon
Gerry McCready
Paula O'Driscoll
Rosena & Laurence Connor
Phyllis Mcveigh McCabe
Mollie J Sullivan
Gerard Finnegan
Robert Brown

Caroline Thompson

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 28th January @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 27th January @ 6.30pm and Sunday 28th January @ 10am and 12 noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK 29th January – 2nd March @9.30am

BAPTISM REGISTRATION

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

St Brigid's Day Lecture

Date: Thursday 1st February at

7.30pm

Venue: St Bride's Parish Centre (38

Derryvolgie Avenue)

Guest Speaker: Fr Gerry O'Hanlon

S.J.

Theme: "Why

Synodality? Progress and Challenges on The Synodal Pathway of the Catholic

Church"

Fr Gerry O'Hanlon is a Jesuit priest, theologian and former Provincial of the Irish Jesuits. He has written extensively on Church reform and the role of the Church in the public square. In 2018 he published, what is regarded as a work of seminal importance: The Quiet Revolution of Pope Francis – A Synodal Catholic Church in Ireland Everyone is Welcome!

FOSTERING RECRUITMENT EVENT – St.Comgall's Bangor Sunday 28th Jan 2024 11.30am – 2pm in the Parish Centre

During 10am Mass on the weekend of 28th January 2024 there will be staff from HSC NI Foster Care in our Church. A member of our Safeguarding Committee will read a short notice. The Foster Care staff will then visit the Parish Centre following Mass to speak with anyone who thinks they would like to learn more about fostering.

Really free in Christ?

Reading St Paul's *Letter to the Romans* together today With insights from Augustinian priest Kieran O'Mahony, Scripture scholar and Ecumenical Canon of Christ Church 2012-2017.

6pm (optional Dinner)7-9pm Lecture and discussion

Starts 13 Feb (Shrove Tuesday) and continues on Tuesdays in Lent: February 13, 20, 27, and March 5, 12, 19.

Book your place on Eventbrite (Find the link on our Belfast Jesuit Centre Facebook page or website www.belfastjesuitcentre.org)

McClean Family Concert - Bangor Swifts Fundraiser

All three generations will perform two unique concerts to fundraise for Bangor Swifts.

Friday 2nd and Saturday 3rd February 2024.

Imperial Bar function room. Doors 7pm, concert 8pm.

Tickets £10 available at Thomas's Shop. Eventbrite sold out. Few tickets left. Get your tickets quick!

PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15 until 9.45pm	FRIENDSHIP CLUB at 10.00am	MENCAP Every fortnight at	St Comgall's Guide Unit	St Comgall's Ju- Jitsu Club
LECTIO DIVINA GROUP 7.30pm – 8.30pm [St Dympna's Room]	IRISH DANCING CLASSES at 6.00pm SVP At 7.30pm	6.00pm BADMINTON Every fortnight at 8.00pm FOLK GROUP AT 7PM SENIOR CHOIR At 8PM SET DANCING CLASS At 8pm	(Girls aged 6-18) at 6.30pm IRISH CLASS At 7pm CEILI DANCING at 8.15pm	(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
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

Looking for a New Year's Resolution? Why not begin the new year and learn how to read the Bible and better understand the fascinating events, figures and connections between the Old and New Testament. We invite you to gather each week for a time of teaching, discussion, and prayerful reflection as we journey through the bible timeline and better understand how we too are involved in the unfolding of God's plan of salvation history.

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

Unlocking the Mystery of the Bible includes 8 weekly sessions. Course participants will receive a resource pack. The programme requires one hour of study per week.

Venue: Online via zoom

Beginning Wednesday 17th January @7pm online for 8 weeks.

The program will conclude with a Retreat Day on Saturday 23rd March 2024 Venue: Holy Rosary Parish Centre, Belfast Facilitators: Fr Paul Byrne & Aishling Steen

The cost of the program is £30

To book your place click on the registration link: https://forms.office.com/e/HTLtfTXUaD

Places are limited. Booking early is advised.

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)

"Calling Pioneers and Friends to the 25th Pioneer National Ball. An evening of celebration and fun on Saturday April 6th 2024. Mass at 6pm in the Cathedral of Christ the King, Mullingar, followed by special guest speaker, dinner, music and dancing at the Annebrook House Hotel, Mullingar. Extra activities on Friday night and Saturday and Sunday afternoons. For details/ tickets contact Dermot Fagan 085-7201646 or Daisy Carey 087-6544626"

The aim of the Bethany Group is to provide support to the bereaved. The Bethany Group may be contacted on the following number **074 7751 7864**

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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Living Church Office
Email: c.carmichael@downandconnor.org
Tel: 028 90690920

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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				