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.

The Holy Family of Jesus, Mary and Joseph – 29th December 2024



MOST HOLY REDEEMER CHURCH BALLYHOLME
Sunday 29th December @ 9am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 28th December @ 6.30pm and Sunday 29th December @ 10am and 12noon

MASS TIMES NEXT WEEK:

Monday 30th & Tues 31st December @ 9.30am

NEW YEAR'S DAY @ 11am

Thursday 2nd & Friday 3rd January 2025 @9.30am

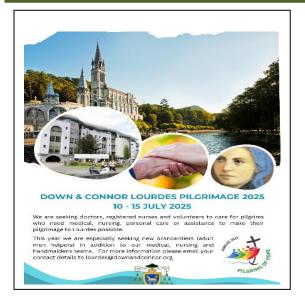
Sunday 9am Mass will be celebrated in St.Comgall's Donaghadee for the month of January

St Comgall's Parish Centre Committee

For all those wishing to donate to the Danny Mills Foundation as a thank you for a defibrillator but are unable to attend the fundraiser in person can donate via the following link

https://www.justgiving.com/page/st-comgalls-parish-centre-committee-

<u>1734527265482?utm_medium=FR&utm_sourc_e=WA</u>



Invitation to Opening of Jubilee Year – 29th December

On Christmas Eve 2024, Pope Francis will open the Holy Door in St Peter's Basilica and the Jubilee of Hope will begin in Rome. The theme the Holy Father has chosen for this year of special graces is 'Pilgrims of Hope' and he invites the whole People of God – clergy and laity – to celebrate God's Gift of Grace through their expressions of Deep Faith, Lively Hope and Active Charity. The Holy Year in the Diocese will begin on the Feast of the Holy Family.

All parishioners are warmly invited to join Bishop Alan McGuckian at the Solemn Opening Mass of the Jubilee Year of Hope on Sunday, 29th December at 3pm in St Peter's Cathedral, Belfast. We encourage everyone to attend and be part of this celebration for the Jubilee Year. The webcam will allow for people to view the Mass from home: www.churchservices.tv/stpeterscathedral

As we celebrate this Christmas season, we pray especially for all expectant parents who are worried about the practical means of supporting their child, that they would find hope and consolation in the story of the Holy Family and, by the power of God, be able to overcome all obstacles. Lord hear us.

PARISH CENTRE – PARISH GROUPS 2024

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB	FRIENDSHIP CLUB	MEDITATION GROUP	St Comgall's Guide Unit	Ju-Jitsu Club
at 7.15pm until 9.45pm	at 10.00am	at 12pm to 1.30pm	(Girls aged 6-18)	(Juniors 5-15yrs)
[Minor Hall]	[Minor Hall]	[St Dympna's Room]	at 6.15pm to 8pm	6-7pm
			[Main/Minor Hall]	[Main Hall]
LECTIO DIVINA GROUP	IRISH DANCING	MENCAP		
7.30pm – 8.30pm	CLASSES	Every fortnight at 6.00pm	IRISH LANGUAGE	
[St Dympna's Room]	at 6.00pm to 8.30pm	[Main/Minor Hall]	CLASS	
	[Main Hall]		At 7pm to 8pm	
BADMINTON		FOLK GROUP	[St Dympna's Room]	
NOW WEEKLY at 8 to 9pm	SVP	AT 7pm	, , , , , , , , , ,	
[Main Hall]	at 7.30pm to 9.30pm	[St Dympna's Room]	CEILI DANCING	
[]	[St Dympna's Room]		at 8.15pm to 9.30pm	
		SENIOR CHOIR	[Minor Hall]	
		At 7.30pm		
		[St Dympna's Room]		

BOOKING ENQUIRIES TO BE MADE TO THE NEW PARISH CENTRE COMMITTEE VIA EMAIL: stcomgallspcc@gmail.com

Your prayers are requested for

Recently deceased:

Anniversaries: PATRICIA JOHNSON, SARAH HELENA MCCONVILLE, MARY CARVILL, HARRY SKEHIN, AUSTIN GUNNING, GERARD O'LOAN (JNR), ENA BOWLER, MICK MONAGHAN, ISABEL REILLY, PATRICK REILLY, MICHAEL REILLY, BRIAN DONAGHY, PHYLLIS McPOLAND, MAUREEN MURRAY, CHRISTINE HIGGINS, MARY CASSIDY

The Diocesan Pilgrimage to Lourdes is seeking Doctors, Nurses and Adult Volunteer helpers for the 40th Diocesan Pilgrimage in 2025. The pilgrimage is from 10-15 July and volunteers receive a subsidised fare. For more information or to register your interest, please visit www.downandconnor.org/lourdes or email lourdes@downandconnor.org/lourdes or email



We are delighted to announce that our new **Parents & Tots group** will be commencing on Wednesday 8th January at 10am. We have a fabulous team of new volunteers who are ready to welcome everyone.

Our **Holy Shop items** continue to be sold at each Cuppa & Connect. We hold a small stock of bibles, missals, candles, cribs etc, but can place an order for specific items if needed.

We continue to recruit volunteers to re-establish parish groups. Please register your details through our new email account: stcomgallspcc@gmail.com or by telephoning the Parish Office on 02891465522.

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)

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 **077 325 13400**

• Towards Peace Spiritual Support Service

Towards Peace is an independent organization that provides a spiritual support and professional service for survivors of physical, emotional, sexual and spiritual abuse who suffered in an institutional, clerical or religious setting in Ireland. Funded by the Irish Catholic Bishops' Conference and the Association of Missionary and Religious in Ireland, the vision of Towards Peace is to provide a safe supportive space for people and their families, whose spiritual life has been damaged by abuse. Through spiritual accompaniment with a qualified spiritual director, Towards Peace endeavours to accompany people as they seek their own experience of spiritual peace, one step at a time. Towards Peace is also a response to the continually growing understanding of the spiritual impact of the trauma of abuse and seeks to raise awareness about this within the Church. The Towards Peace Spiritual Support Service is free of charge and for more please see https://towardspeace.ie/

Accord NI Catholic Marriage Care

Preparation Facilitators

Service seeking Marriage

ACCORD NI Catholic Marriage Care Service is currently recruiting people to train as marriage preparation programme facilitators.

- If you have a positive attitude towards marriage in the Catholic Church
- If you have the enthusiasm to be part of the Accord team in supporting couples who are preparing for the Sacrament of Marriage

Accord wants to hear from you!

Successful applicants will receive professional training and will be part of a team delivering marriage preparation programmes locally.

Contact Brenda on 02890 233002 or by email to info@accordni.com

www.accordni.com			
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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				