

# 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

## 31st Sunday, Year A – 5<sup>th</sup> November 2023

### Your prayers are requested for

#### Recently Deceased:

PETER JENNINGS  
JOHN CASSIDY (West Belfast)

#### Anniversaries:

Anne O'Regan  
Freda Devlin  
Bernadette McAnulty  
Terry Mallon  
Agnes Kane  
Frank Rice  
William Anderson  
Monsignor Ambrose Macauley  
Pauline & Patrick McSherry  
Agnes McGrogan  
Mary Anne Hinds  
Vincent Heaney  
John Leavey

### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 5<sup>th</sup> November 2023 @ 9.00am

### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 4<sup>th</sup> November @ 6.30pm and  
Sunday 5<sup>th</sup> November @ 10am & 12noon

#### MASS TIMES FOR:

**DAILY MASS NEXT WEEK 6<sup>th</sup> -10<sup>th</sup> November 2023**  
**Morning Mass: Mon - Fri @9.30am**

#### BAPTISM REGISTRATION

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

### PRAYER FOR PRISONERS' SUNDAY

Lord, you offer freedom to all people. We pray for those in prison. Break the bonds of fear and isolation that exist. Support with your love prisoners and their families and friends, prison staff and all who care. Heal those who have been wounded by the actions of others, especially the victims of crime. Help us to forgive one another, to act justly, love mercy and walk humbly together with Christ in his strength and in his Spirit, now and every day. Amen.

*Psalisbury Catholics.org*

### Bethany Prayer Service

The Parish Bethany Team will hold their special evening Prayer Service for all our deceased family members and friends.

**Sunday 12<sup>th</sup> November 2023 at 5pm.**

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

The above classes will begin in the parish centre on **Sunday 14th 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).



**SVP PRESENTS**  
*An Evening of Seasonal Songs*

**FEATURING:**  
Malachi Cosh  
Fr Martin O'Hagen  
Margaret Keys

Compiere: Broadcaster Claire McCollum &  
Choirs: St Clare's and St Dominic's

Date: Sunday, November 19th  
Time: 7:00 PM  
Location: Clonard Monastery, 1 Clonard Gardens, Belfast  
Tickets: £20

TICKETS AT  
[svp.ie/an-evening-of-seasonal-songs/](http://svp.ie/an-evening-of-seasonal-songs/)

QR code for tickets



A short-term pledge gives spiritual support and encouragement to people and their families who are living under a shadow of addiction. Further information from the Pioneers on 01 80-5 4226 or via [www.pioneers.ie/pray](http://www.pioneers.ie/pray)

**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 Dymphna’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)**

**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.**

[Marriage Enrichment Weekend, 10 – 12 November 2023, Co. Kildare:](http://www.marriageencounter.ie/marriage-encounter-weekend) an opportunity to energise communication and romance in your marriage! Visit: [www.marriageencounter.ie/marriage-encounter-weekend](http://www.marriageencounter.ie/marriage-encounter-weekend)

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**Senior Citizens’ Christmas Lunch**

The Bangor Conference of the Society of St. Vincent de Paul cordially invites senior citizens of the parish to a Christmas Lunch on Sunday 3<sup>rd</sup> December 2023 in the Parish Centre at 1.00 p.m.  
Lunch will be free of charge and lifts will be organised to and from the Parish Centre for those who are unable to provide their own transport.

If you wish to attend please ring the Bangor SVP Helpline number 07703679384 before Tuesday 21<sup>st</sup> November at the latest and leave your name, address and phone number. Please state if you require a lift.

**Note to Drivers**

The Bangor Conference of the Society of St. Vincent de Paul cordially invites senior citizens of the parish to a Christmas Lunch on Sunday 3<sup>rd</sup> December 2023 in the Parish Centre at 1.00 p.m.

If you are able to assist us by providing transport to and from the Parish Centre for those attending the lunch, please ring the Bangor SVP Helpline number 07703679384 before Tuesday 21<sup>st</sup> November and leave your name and phone number. We will contact you to make arrangements.

**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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The women in Hydebank along with Sr Onnah will be knitting hats and scarves for the homeless community in the run up to Christmas. If any of our parishioners have spares balls of wool, which could be donated to them, to help with this very worthwhile project please leave the wool with Emma in the Parish office between 10am -1pm Monday to Friday. Thank you.

**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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**Registration for *Pathways to the Future* November Meetings**

Your parish has been allocated to the meeting to be held on **Monday 20 November in St Patrick's Parish Centre, 71 Upper North Street, Newtownards**. Invitations to this meeting are being extended to parishes that would form part of the suggested Down 5 and 6, and Belfast 22 Families of Parishes. Registration to attend the meetings will open to all parishioners from **Sunday 5 November**. Parishioners will be asked to contact their relevant Parish Office to register. Parishes should upload the registration details via the following link <https://forms.office.com/e/ELwX8ugtUuM>  
Email and telephone contact details will be required as part of the registration process.

Following the recent communication of dates and venues for the Pathways to The Future Autumn Launch, we are confirming the time of all meetings is 7pm-9pm. Full details of times and the venue address can be found when you click on the booking link. We look forward to being with you and engaging in more conversations.

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The first duty of a Parish Priest is to pray for his parishioners. As a result, it is a requirement for each Parish Priest to offer a Mass for parishioners living and deceased each Sunday and Holy Day of obligation. Fr Gunn fulfils this obligation on Saturday evening because it is the only Mass he is guaranteed to celebrate. Parishioners are kindly asked to recognise that he is not free to accept alternative intentions for this Mass. Parishioners wishing for Sunday Mass intention are asked to request 10am or 12noon Mass. This request is in force as long as the current Mass timetable is in operation.

It would be very much appreciated if names for inclusion in the dead list could be submitted to the parish office by 1pm on Wednesday.

**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)

The countdown to the launch of St Vincent de Paul's Christmas Appeal has begun.

We will be launching this year's annual appeal with SVP Presents An Evening of Seasonal Songs in Clonard Monastery on 19 November.

Tickets are available now for what promises to be a magical evening of music:

<https://www.svp.ie/an-evening-of-seasonal-songs/>

**OTHER NOTICES:**

**“The Enneagram – Understanding Yourself and Understanding Others”**

***Residential weekend course at Drumalis, Larne (24-26 November 2023) led by Nano Cluskey together with John Friel and Liam Cluskey***

The Enneagram is an excellent psychological/spiritual tool which helps us to understand ourselves and others. It helps us make better decisions especially during stressful periods. This introductory course is aimed at people interested in self-development and also useful to those who have participated in previous Enneagram courses who feel the need to refresh and deepen their knowledge. For further information, please email [drumalis@btconnect.com](mailto:drumalis@btconnect.com) or phone Drumalis during office hours (Mon-Fri, 9 am-5pm) - 028 28276455/028 28272196

**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](http://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

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