

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: Monday to Friday, 9.30am-1.30pm

SUNDAY MASS TIMES This weekend:

Bangor: (BRUNSWICK RD)

Vigil 6.30pm;
Sun 11.00am

Donaghadee:

Sun 9.30am.

Ballyholme:

Sun 12.30pm.

WEEKDAY MASS TIMES:

**BANGOR PARISH,
BRUNSWICK ROAD
WEEK DAYS AT 9.30AM**

CONFESSIONS:

BANGOR: SAT 5.30 PM AND
AFTER ALL MASSES.

Weekend Mass in the Pastoral Communities

Holywood: Vigil 6.30pm;
Sun 10am & 12noon.

Newtownards:

Vigil 6.30pm; Sun 11.30am.
Comber: Sun 10.00am.

Baptisms: 1st and 3rd
Sunday of the Month at
2pm. Register online at
www.bangorparish.com
under

Sacramental Preparation.
2 month's notice required.

PERPETUAL EUCARISTIC ADORATION

**EVERY MONDAY
10.00AM TO 9.30PM**

VENUE: **ST COMGALL'S
CHURCH, BRUNSWICK RD.**

St Comgall's Church MARIAN PRAYER GROUP

Every Thursday during Lent
The Rosary of the Passion of
Christ will be said at 6.15pm.
All Welcome.

Many thanks for the
parishioner who
donated **£10**, towards
the Parish
Refurbishment Fund.
The continued support
is very much
appreciated.

2nd Sunday in Lent – 8th March 2020

It is with great pleasure that we welcome Srs Maura and Susanna from the Columban Sisters to the Parish of Bangor. The establishment of this community creates a link between the Columbans and the patron of their order Saint Columbanus. We pray that their mission among us will lead to a deepening of our faith, a strengthening of our Parish Community and a renewed commitment to our mission to *Go Forth, Teach and Baptise*.



Your prayers are requested for:

Recently Deceased: Bernie Digney, Joan Hudson.

Anniversaries: Marie Brannigan, Brendan O'Reilly, Maura McLaughlin, Margaret McAnulty, Anne McAlea, Sarah O'Hara, Peg O'Hara, Mary Waddall, Margaret Balance, Sarah Doherty, Patricia Gray, Brian McCartan, Hannah Carlin, John Brannigan, Mary Anderson, Sheila Walsh, Jim Carey, Stella Morrow, Brigid McArdle, Mary Freeney, James Reilly, James Williamson, Marie McNeill, Ann Owens, Janet Breen, Paddy O'Neill.

WHAT ARE YOU DOING FOR LENT?

BANGOR PARISH is offering the following over Lent.

ST COMGALL'S CHURCH, Brunswick Rd.

Wednesdays

6.00pm Rosary – meditations on the Passion of Christ.

Thursdays

6.15pm Rosary lead by the Marian Prayer Group.

7.00-7.45pm – Lenten Journey in scripture & pictures lead by
St John Paul II students.

PARISH CENTRE (building behind the Church on Brunswick Rd)

Thursdays at 7.30pm-9.00pm Bible Study focussing on the
Passion Narratives.

Saturday 21st March – Day Retreat to Mother Teresa nuns.
Organised by the Marian Prayer Group. (*see notice below*)

SATURDAY 21st MARCH St Comgall's Bangor Marian Prayer Group invites you to a **Annual Lenten One Day Retreat** with the Mother Teresa nuns (Missionaries of Charity) in their house in Armagh. A bus has been organised to pick up in Portaferry, 7.30am-The Square; Bangor 8.05am-Brunswick Rd; Holywood, 8.25am-Spafield Carpark. If you would like to book a seat, cost £10 each please contact Jacinta on 07756 225 114.

Seeing Your Life Through the Lens of the Gospel of Saint Matthew 17 1-9

1. *The transfiguration experience was one that, for Jesus, clarified his relationship with his Father and strengthened him for the future. It was also a moment of deep revelation for the disciples. What have been the experiences, the moments of insight, which for you have clarified your sense of who you are, and what is your relationship with God?*
2. *On the mountain the disciples saw Jesus in a new way. His appearance changed. Sometimes in friendship there are moments of sharing in which we get to know a friend in a new and deeper way. Have you had that experience in human friendship or in your relationship with God? Recall when that happened, and what it was like for you.*
3. *The disciples were instructed: 'This is my Son, my Chosen; listen to him.' Have you had the experience of learning the truth about life and about your relationship with God from moments of confusion as well as from times of joy?*

**St Vincent de Paul
Helpline 077 0367 9384**

Bethany Bereavement Support Group

we are here to support
and listen. Confidential.
075 1085 2157

SUNDAY CAFÉ
continues in the
PARISH CENTRE
every Sunday after
11am Mass.

Fresh filtered coffee /
tea and something
sweet! All welcome.
Let's build community
together!

WELCOME ROTA DURING MARCH

6.30 pm Mass
Anne McCabe &
Maxine Galway
11.00 am Mass
Marian Murray &
Charlie McMullan

CHURCH GALLERY

Brunswick Road
Due to the steepness
of the stairs it is
requested that babies
in arms and children
under 8 years of age
not be brought into
the Gallery.

PARISH CENTRE to view all the groups please go to the website www.bangorparish.com

Baptism Course – 2nd Tuesday of the Month Venue: St Columbanus & St Cecelia Rooms
Pre-Sacramental Parents & 7.00pm until 7.45pm [Through the green fence 2nd Floor of Parish Centre]
God-parents Evening.

SACRAMENTAL PREPARATION CLASSES

All classes held after 11am Mass in the Parish Centre.

- Holy Communion Date - **16th May 2020** at 10am & 1pm.
- Holy Communion and First Penance Classes - Venue: St Dymphna's Room.
- Confirmation Date – **20th May 2020** at 5pm.
- Confirmation Class - Venue: St Columbanus Room, 2nd floor of Parish Centre.

DATES FOR YOUR DIARY! AND OTHER NOTICES....

LENTEN TROCAIRE BOXES CAN BE FOUND IN THE PORCH OF THE CHURCH.

Novena to Saint Patrick

Novena to Saint Patrick from 8th – 16th March. To download a copy of the novena and other resources for St. Patrick's Day visit www.padraignaoifa.ie

EASTER DUTY

All Catholics are bound under pain of sin to receive Holy Communion worthily in the period from Ash Wednesday to Trinity Sunday.

SATURDAY 14th MARCH

BANGOR DRAMA CLUB proudly presents St Patrick in dance, drama, poetry and song at 8pm to 10pm at **Studio 1A** Hamilton Road Bangor, featuring the McClean family, Davy Lennon, Bangor School of Irish Dance, Bangor Salvation Army Band, and Drama Club Members. Tickets £10 available from Bangor Visitor Information Centre, Tower House, Quay Street Tel 028 91 270069, or www.ticketsource.co.uk/what's-on/1a-hamilton-road/studio-1a Entire proceeds to SVP and Salvation Army.

NEXT: SATURDAY 14th MARCH!!

Bangor Parish will be hosting a **Saint Patrick's Day Party** in the Parish Centre. Eight to Late! Music (Cap on the Wall), Ceili, Irish Disco and much more. Full licensed late bar with hot finger buffet. Strictly over 18's. Cost £10. Tickets can be bought from Thomas McMullan T:07305-746263 Proceeds in Aid of the Parish Centre & Trocaire.

SUNDAY 15th MARCH

COMMUNITY CELEBRATION OF CULTURE will take place in the **St Comgall's Parish Hall** at **12noon** to 2.00pm. Event is free of charge and will include performances from different cultures: Irish dancing, Indian dancing, polish art & craft, henna, face painting and balloon modelling, hot food from around the world and hot beverages. Everybody is welcomed. Any voluntary donations will be greatly appreciated and will go towards supporting the Polish Saturday School in Bangor.

WEDNESDAY 25th MARCH

St Columbanus' College Bangor will be hosting a Business Networking Breakfast on from 7.45 to 9.15. Tables of ten are priced at £100 or individual tickets are £10. Bill Wolsey is the keynote speaker. For further information please contact the College office on T:91270927 or info@stcolumbanuscollege.bangor.ni.sch.uk

SMA Retreat and Conference Centre, Dromantine LENTEN PROGRAMME

LENTEN DAYS of Recollection

Lord, open my heart as wide as it can open'
by Fr. Damian Bresnahan SMA

14th March: 9.30am – 5.00pm (inc. Lunch - £25)

'Remember – you're worth it!'

by Fr. John Gallagher SMA

28th March: 9.30am – 5.00pm (inc. Lunch - £25)

WEDNESDAY 8th to EASTER SUNDAY 12th
APRIL Retreat and Conference Centre, Dromantine - **HOLY WEEK RETREAT** The SMA Community, Dromantine invites you to join in reflectively celebrating the Easter Triduum, beginning with the Seder Meal
Cost: £260

ST VINCENT DE PAUL – CLARE LODGE 16th-18th March 2020

2 nights full board, £90 per person sharing. £110 single room occupancy. For further details please contact Clare Lodge 02843722849 or email clare.lodge@svpni.co.uk

DIOCESAN PILGRIMAGE TO LOURDES 2020

Full board in hotel: 7 nights (7-14 July) for £725 or 5 Nights (8-13 July) for £650. Full board for sick or infirm pilgrims with medical and nursing care in Accueil Notre-Dame: 5 Nights (8-13 July) for £550. Youth Team (5-14 July) £590. All flights from Belfast International Airport. Application forms now available from the Parish Office or for further information contact the Pilgrimage Office on (028) 9077 0162 email: Lourdes@downandconnor.org or visit www.downandconnor.org/Lourdes

SUNDAY 8th MARCH

ARDS CCE SPRING welcome you to their CONCERT this Sunday, **St Columbanus College, 6pm**. Doors open 5.30pm, adults £5, kids free. Refreshments served and fantastic ballots. Featuring many children from local parish schools, surprise guests, with plenty of fabulous music, song and dance. More info ards cce Facebook

MONDAY 28th SEPTEMBER TO SATURDAY 3rd OCTOBER

Master Iconographer, Theodore Papadopoulos from Greece, will be holding an Icon Painting Workshop at the Alexian Brothers' Monastery in Knock. For registration and more information visit: www.theodoreicons.com/knock or call Brother Dermot at: 00 353 949376996 (10 am to 12.30 pm daily).

Extra notices on the website page!

5 page Bulletin. All notices and anvs. notices need to be received by Wednesday at 1pm to be included.

St Joseph's Young Priests Society.

The latest addition of The Sheaf, the quarterly magazine of the Society, is available at the back of the church. There are also; Blue "thank you cards" thanking you for your support in the past. On the reverse of the cards are statistics showing the expenditure over the last three years, the number of students assisted, and the number of new Priests ordained. Leaflets explaining the work of the Society.

Ards CCE Trad Music Classes every Saturday in St Columbanus' College for all trad instruments and all levels. More info contact Niall Mc Clean 07960072218.

St Comgall's Girl Guide Unit, Brunswick Road, Bangor.

Voluntary Girlguide **Youth Coaches Needed**

Thursday Night. Cygnets: 5.45pm To 6.30pm.

Brigini/Guides: 6.30pm To 8pm.

No experience required, as full training will be given. Age 18+. No Upper Age Limit. We Would Encourage Women Of All Ages To Apply. If you want a few hours of fun, friendship, to contribute to this community, awards for your cv and much more: Then email: stcomgallsguideunit@gmail.com

LENTEN PIONEER PLEDGE

Many people choose to abstain from alcohol during Lent. Why not take this opportunity to perhaps help yourself or someone you know with an alcohol or drug problem by offering your sacrifice for freedom from addiction? Please consider taking the short term Lenten Pledge and make a difference to someone's life. Register your pledge with local Pioneers and say the daily prayer.

PRAYER: "I promise in honour of the Sacred Heart of Jesus and with the help of the Blessed Virgin Mary to abstain from all alcoholic drink during Lent."

SATURDAY 7TH MARCH

First Saturday Devotion of Reparation as requested by Our Lady of Fatima will take place in St Joseph's Church, Killough, Chapel Street, BT30 7QJ Exposition of the Blessed Sacrament 8.30am; Sacrament of Reconciliation from 8.30 to 9.45am; Rosary of the Blessed Virgin Mary at 9.00am; Meditation on the Mysteries of the Rosary at 9.30am, Holy Sacrifice of the Mass at 10.00am.

Beginning Experience - Are you suffering the pain of loss of a partner? Looking for help and understanding? Beginning Experience (a support group for widowed, separated and divorced people) meets **every Wednesday** evening from 8pm to 10pm, in St Bride's Hall, Derryvolgie Ave., Malone Rd., Belfast. All welcome. For details please contact Phil Tel: 028 90 207645 or Marie Tel: 07896119669.



Accord provides a counselling service for any couple who are experiencing difficulties or challenges in their marriage.

The Belfast Centre is situated in Twin Spires Centre, Northumberland Street, Belfast. Tel No- 02890339944. Email-belfast@accordni.com

SATURDAY 14TH MARCH

Fr. Gerry Campbell and a team from Armagh Archdiocese will be leading a day on **Unbound - Freedom in Christ** 9.30am - 5pm at St. Bride's Hall, 38 Derryvolgie Avenue, Belfast.

UNBOUND Ministry is an approach to deliverance and healing prayer developed by Neal Lozano. The focus is a safe, loving, effective prayer model that helps people to respond to the good news of the gospel. It applies the truth to our lives by using five basic responses called the Five Keys.

The day is hosted by Divine Healing Ministries and tea and coffee will be provided through the day. Please bring a packed lunch. Information on further training taking place in Down and Connor Diocese will be provided. All are welcome to this day, particularly if you feel a call to have more of the Lord's freedom in your life or to see more fruit in praying for others. You can register your interest by contacting Fergus McMorrow on 07526 056059 or by email f.mcmorrow@gmail.com.

"Unbound Ministry is a vital part of the new evangelization because, through a simple method of prayer based on the Gospel, it helps us help others in moving beyond their spiritual obstacles into a deeper relationship with Jesus Christ". -

Most Rev. Charles J. Chaput, Archbishop of Philadelphia

UNITED IN PRAYER IN THE COMMON PURPOSE OF CHRISTIAN TEMPERANCE

The liturgical season of Lent helps us prepare for the great feast of Easter, and for the forty days of Lent (where Sundays are excluded in the counting of the days), we commit ourselves in a special way to prayer, almsgiving, denial of self and ego, and acts of penance. It is, essentially, an act of prayer extended for forty consecutive days that takes us on a spiritual journey that, hopefully, will bring us closer to God. The number 'forty' is mentioned well over a hundred times in the Bible as it held special spiritual relevance in both the Old and the New Testaments with regard to periods of preparation, testing or probation. Think of the forty days and nights Moses spent on Mount Sinai before God gave him the Ten Commandments and, in the New Testament, the forty days that Jesus spent in the desert before He began His public ministry.

Aside from the fast and abstinence days of Ash Wednesday and Good Friday, anything we give up or taken on to do during Lent may be considered self-disciplinary in nature and are often more effective if we see them through every day of Lent, including Sundays and the Irish 'free pass' of St Patrick's Day! Our sacrifices for Lent are not Church or law-governed, but a matter of individual conscience.

As part of its apostolate, the Pioneer Association has a Short-Term Pledge section for adults over the age of eighteen years. This enables a person who does not wish to make a life commitment to total abstinence to take a pledge for a limited period of time. Many people who have problems with alcohol over-consumption have used this pledge to help them, while others want to do something uplifting or challenging for themselves or for others for a particular season of the year, i.e., for Lent, for the month of the Holy Souls in November or for Advent, in preparation for Christmas. Many of these 'Short-Term Pledgers' have gone on to become longer-term and frequent members. Many have used it to buttress their resolution to stay 'dry' for a particular month for their own personal reasons.

If you feel that you can and would like to take the pledge for

SATURDAY 21ST - SUNDAY 22ND MARCH

Preparing for Marriage? Catholic Engaged Encounter. A two day non-residential course will be held in Castle Community Centre, Ballymoney on 21-22 March 2020. This weekend is a positive way of preparing for Marriage where you will discover how you can enrich your future relationship. Information/Booking: marriageencounter.ie or 028276 38512

The Dalgan Summer School

July 19th to 23rd 2020

The Dalgan Summer School will be led by Dr. John Feehan author of *God in a five-pointed star; A spiritual philosophy of Nature 2028*

Twice in *Laudato Si'* Pope Francis refers to the created world as the 'other' book of revelation: the 'magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness;' 'a precious book "whose letters are the multitude of created things present in the universe."

This year's Dalgan Summer School sets out to open the pages of some of the volumes of this Great Book of Creation, especially those that can be read with special meaning in the unique geological setting of the north-east of Ireland.

The Summer School will consist of lectures, recognition of species and work with microscopes.

ST. BENEDICT'S PRIORY, CO. CORK MONASTIC DAY RETREAT

Saturday 21st March 9am-5pm Talks: Donation only Monasticism. All Welcome! Monastic Saints. Life in a Contemporary Monastery. Participate in the Divine Office and Adoration. Lunch Provided.

MONASTIC EXPERIENCE

16th – 18th April Opportunity for Women discerning Religious Life to experience life in our monastery. Contact: Mother Prioress **St. Benedict's Priory**, The Mount, Cobh, Co. Cork Tel 021 4811354 cobhtyburnconvent@gmail.com
Booking essential for both events as places are limited.

Alzheimer's Society Volunteering Opportunities

Would you like a worthwhile and rewarding volunteering opportunity with Alzheimer's Society? If so, Side by Side is a befriending style service from Alzheimer's Society which helps people in the early stages of dementia keep doing the things they love, with the support of a volunteer. We are currently recruiting new volunteers for our "Side by Side" service in the South Eastern Trust. If you would like further information on becoming a Side by Side volunteer please contact Charlotte on 07889 201667 or email charlotte.thompson@alzheimers.org.uk

INTERNATIONAL "ECONOMY AND SOCIETY" AWARD

ANNOUNCEMENT OF THE COMPETITION

FIFTH EDITION - YEAR 2021



To promote knowledge of the Social Doctrine of the Catholic Church, the *Centesimus Annus- Pro Pontifice* Foundation (FCAPP), as part of the International

the six weeks of Lent, please go online at www.pioneerassociation.ie and follow the links to join. A small fee applies if you wish to have the Pioneer emblem and the registration card.

PILGRIMAGES

EASTER PILGRIMAGE TO FATIMA 8TH - 13TH APRIL

All Easter Ceremonies in Fatima Mass in Santarem where the bleeding host took place and Prayers, and Hungarian Stations of the Cross in Fatima.
Contact James Treacy 00353 (0)86-0572216

TUESDAY 19TH MAY - SUNDAY 24TH MAY

Ni Cancer Pilgrimage to Lourdes - The price of £695 (with price reduction for Cancer Patients) will include: Return flights from Belfast International Airport, operated by JWT License T.O. 052. Full board and accommodation at the Hotel Agena in Lourdes for five nights based on twin/double/treble rooms. Travel insurance cover for persons up to 85 years on date of return. The party will consist of patients, ex-patients, relatives and friends accompanied by medical, nursing and other staff. To enquire or to obtain a booking form please speak to a member of the committee on Tel: 07933938981; Email: mail@nicancerpilgrimage.org.uk

MEDJUGORJE IRISH CENTRE PILGRIMAGES

APRIL - OCT 2020: 7 Night Stay and Airport Shuttle service from Dubrovnik or Split for €266 per person sharing. Book any flight - any time and we provide guaranteed airport shuttle service. Call us for further info and book the dates that suit you. Tel. 01 4434510 or email reservations@med-irishcentre.com.
MEDJUGORJE: 00387 36 651 518 IRELAND: 00353 1 443 4510 N. IRELAND: 0044 28 8224 1888 Email: reservations@med-irishcentre.com

SHRINES OF POLAND

with a Day retreat at the shrine of the Divine Mercy Poland - Including visits to Krakow, Czestochowa, Wieliczka Salt Mines, Auschwitz & Wadowice to see St. John-Paul's house

2nd - 7th JUNE 2020 6 DAY ESCORTED GROUP PILGRIMAGE *Spiritual Director: Fr. Tony Devlin*
FURTHER DETAILS: St Pauls Parish Belfast - Phone 028 90 325034 email: stpauls@downandconnor.org
Cost: £850 per person sharing - based on 20 pilgrims traveling; Cost: £775 per person sharing - based on 40 pilgrims traveling; £100 non-refundable deposit per person to secure a place by 28th February. Single Supplement £180.00. Balances due 6 weeks before departure and are accepted in instalments prior to due date. 28th February. Single Supplement £180.00. Balances due 6 weeks before departure and are accepted in instalments prior to due date.

YOUTH FESTIVAL AT MEDJUGORJE - 2020

29th July - 7th August

The LIVING YOUTH Summer Pilgrimage 2020 will be to Medjugorje. We will join more than 50,000 other young people from around the world to celebrate our Catholic Faith. Staying at the Medjugorje Palace Hotel we will take part in the youth festival and also visit the Waterfalls of Kravice, the capital Mostar and the Shrine of Vepric at Makarska, all the while journeying with other young people from across our Diocese.

"Economy and Society" Award, is offering

- a) a prize worth 20,000 euro for publications in economic and social fields
- b) a prize awarding two scholarships to young researchers worth 10,000 and 20,000 euro

The award is biennial; allocations will take place in 2021.

Publication requirements

The prize will be awarded to a **publication issued after 2015**. The prize-winning work must be distinguished by its original contribution towards explaining, developing or applying the Church's social doctrine in today's context, be rigorous and of notable quality. The *Centesimus Annus Pro Pontifice* Foundation intends to reward contributions that are easily understood by the general public and express with prophetic force a Christian commitment in economic and social activity. The jury will consider entries published in French, English, Italian, Portuguese, Spanish, German and Polish. If there is more than one winner, the prize will be divided among them equally.

Proposals must be submitted by 24th May 2020.

See website under the section 'NEWS'
for more information.

Pilgrimage Dates: **29th July – 7th August 2020**, for those aged 17 – 25 Cost £799. For an Application Form and more information go to www.livingyouthni.org or contact us on 02890 232 432 or info@livingyouthni.org

SUNDAY 13TH SEPTEMBER

Join us and follow in the footsteps of Padre Pio on this, our first Parish pilgrimage to San Giovanni Rotondo Italy. Return flights from Dublin, **4-nights** from 13th September, accompanied by a Spiritual Director and includes a fully escorted religious programme. Tour package £595 per person. £200 deposit to be paid by **7th February 2020** to secure places For additional details visit the website www.kilmoreandkilyleagh.com or contact Joe Walsh tours Tel: 00353 1241 0800.