

# 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 9.30pm to 1pm.

## SECOND SUNDAY of LENT, 12/13 March 2022

**Solemn Adoration of the Blessed Sacrament** will resume on **Monday 7<sup>th</sup> March 2022** and on every Monday thereafter. Two people are required per hourly session to ensure that the Blessed Sacrament is not left unattended. Should you wish to volunteer please contact the Parish Office to agree a Rota.

To begin with, Adoration will last from after Morning Mass until 4.00pm with the intention of prolonging it later until 9.00pm as heretofore subject to there being sufficient adorers on the rota. Obviously as always individuals and families will be welcome to drop to the Church to worship the Blessed Sacrament.

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#### The Synod 2021-2023 – Listening Process

Quote from the handbook: "In this sense, it is clear that the purpose of this Synod is not to produce more documents. Rather, it is intended to inspire people to dream about the Church we are called to be, to make people's hopes flourish, to stimulate trust, to bind up wounds, to weave new and deeper relationships, to learn from one another, to build bridges, to enlighten minds, warm hearts, and restore strength to our hands for our common mission (PD, 32). Thus the objective of this Synodal Process is not only a series of exercises that start and stop, but rather a journey of growing authentically towards the communion and mission that God calls the Church to live out in the third millennium." *Found on the Vatican website.*

Cards containing 4 Questions were offered on Ash Wednesday to each person to fill in. These questions when answered should be left back to the parish office. Please find the a copy of the original card online under the page 'Bulletin'.

- Q1. As a Diocese we aspire to 'Open wide the doors of the Church to all without exception'. Who finds welcome and support for their Christian journey and who might feel left out?
- Q2. Every baptised person is called to participate in the mission of the Church. How is dialogue and participation in the life of the Church enabled and how is it hindered?
- Q3. We are called to mission; to put our faith into action. What enables or hinders us in speaking up for the Gospel and acting courageously in society?
- Q.4 What steps is the Holy Spirit calling all of us to take at this time?



#### BANGOR PRAISH PODCAST

You can listen to the Parish Podcasts by clicking on the audio files on the website or by searching for "Parish of Bangor Podcast" in the apple or google podcast

*Apps. Then subscribe to our channel so that you will receive all the latest podcasts straight to your device.*

**Mass is Live Streamed and can be accessed via the Parish Website**

**[www.bangorparish.com](http://www.bangorparish.com)**

#### Your prayers are requested for

##### Recently Deceased:

Josephine Gaffney (Dublin),  
Joe McMullan (Ballymoney).

##### Anniversaries:

Matt & Josie Kelly, Pauline & John McCausland, Anna Gordon, Carol Hughes, Brian Beagan, Sean Lennon, Harry Shields, Derek Finnegan, Patrick Laurence Connor, Margaret (Peggy) Rafferty, Michael Coyle, Margaret McGeough, Sam Haire, Molly Coyle, Richard Robinson.

There will be a national church collection to support humanitarian relief for those affected by the war in Ukraine which will be held on  
**Sunday 27 March 2022**

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

**FULL COPY OF THE SUNDAY MISSALETTE CAN BE FOUND ON THE PARISH WEBSITE UNDER "NEWS"**

**Bethany Bereavement Support Group**  
we are here to support and listen.  
Confidential. **075 1085 2157**

**This is a 8 Page Bulletin so please scroll down!**

### BAPTISM REGISTRATION

Evenings only until further notice at 7pm.  
Wednesdays and Thursdays.  
Please register online SIDE BAR under  
'Sacramental Preparation'

### PRAYING WITH THE ICONS

under **The Four Saints** found in  
'Parish Today'

### SACRAMENTAL PREPARATION CLASSES

For all children not attending  
Catholic Schools.



#### 1<sup>ST</sup> PENANCE & HOLY COMMUNION –

Classes to be held in the Parish  
Centre on

Sunday mornings at 9:15 starting in  
November 2021.

Please register by contacting the parish  
office by email stating the Child's(rens)  
Name(s), Primary School, Year Group  
and Age.

**CONFIRMATION 2022** - Confirmation  
Classes will be starting on 23 January  
2022 – Please register by email to the  
parish office Email:  
[bangor@downandconnor.org](mailto:bangor@downandconnor.org)

### SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 13<sup>th</sup> March @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 12<sup>th</sup> March @ 6.30pm

Sunday 13<sup>th</sup> March @ 10am & 12noon

### 2<sup>ND</sup> SUNDAY IN LENT

**NO REGISTRATION NEEDED**

### ST PATRICK'S DAY MASS – 17<sup>TH</sup> MARCH

[HOLY DAY OF OBLIGATION]

**TIMES: VIGIL MASS WEDNESDAY 16<sup>TH</sup> MARCH AT 7.30PM;  
THURSDAY @ 9.30AM & 1.00PM.**

*Please note that the Covid sanitising regulations have not changed and will  
continue to be strictly observed.*

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### DAILY MASS NEXT WEEK – 14<sup>th</sup> to 18<sup>th</sup> March

Morning Mass: Monday to Friday at 9.30am

**During Lent there will be Evening Mass:**

**Monday, Wednesday, Friday at 7.30pm**

*[may be changed at short notice due to a funeral]*

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We have a number of Masses including funerals recorded.  
These can be accessed when you click on the link below:

[www.churchservices.tv/bangor](http://www.churchservices.tv/bangor)

**Diocese Directories on sale from Sacristy - £4**

**The Society of St Vincent de Paul** offers practical and confidential help to those in need  
throughout the North Down Area. We know it can be hard to ask for help but please,  
if you need help call us on **our Helpline: 077 0367 9384.**

To help us to help others you can make direct payments to Conferences Bank Account.  
St Comgall's, Allied Irish Bank. Sort Code 93-82-03. A/C No is 25302098.  
Most Holy Redeemer Ballyholme, Allied Irish Bank. Sort Code 93-82-03. A/C No. 06885061.

Donations can also be made to SVP Giving Page at [www.svp-ni.co.uk](http://www.svp-ni.co.uk). If you are a UK income tax payer please  
consider Gift Aiding your donation, which will enhance your donation by 25% at no extra cost to you. Gift Aid  
forms are available on the Parish website, or on request, via SVP Helpline number, as above.

The Society wishes to thank you for your tremendous response to our Annual Appeal, on the theme of "Impossible  
Choices" Through your generosity St Comgall's Conference were able to assist over 150 families in the month of  
December, and Most Holy Redeemer Conference Ballyholme provided assistance to 108 families and individuals over the  
same period To include those donations enhanced by Gift Aid, the Appeal raised over £10,000. We thank you on behalf of  
the Society, and on behalf of those we assisted.

The Society is always on the lookout for new Members, and if you are interested and can spare a few hours  
per week please speak to a Conference Member, or leave your name and contact number on the Helpline and  
we will return to you promptly. You will be warmly welcomed and full training will be given.

***We can now accept donations of Good quality furniture –  
please call our Helpline or speak to a member of the Society.***

**Storehouse North Down** - Storehouse continues to help St Vincent De Paul provide non-perishable food for those in need. Storehouse welcomes donations of foodstuff at their premises, 12 Balloo Avenue, Bangor on Mondays and Thursdays between 10.00am to 3.00 pm. Cash donations are also very acceptable.

## 2<sup>nd</sup> SUNDAY IN LENT – 12 & 13 March 2022

**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.  
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

## CALENDAR OF SAINTS DAYS

### MARCH 2022

<b>Sunday 13<sup>th</sup> March</b> 2 <sup>ND</sup> SUNDAY OF LENT	<b>Wednesday 23<sup>rd</sup> March</b> Saint Turibius of Mongrovejo, Bishop
<b>Thursday 17<sup>th</sup> March</b> Saint Patrick, Principal of Ireland - <i>Holy Day of Obligation</i>	<b>Thursday 24<sup>th</sup> March</b> Saint Macartan, Bishop
<b>Friday 18<sup>th</sup> March</b> Saint Cyril of Jerusalem, Bishop & Doctor	<b>Friday 25<sup>th</sup> March</b> The Annunciation of Our Lord
<b>Saturday 19<sup>th</sup> March</b> Saint Joseph, Spouse of the Blessed Virgin Mary	<b>Sunday 27<sup>th</sup> March</b> 4 <sup>TH</sup> SUNDAY OF LENT
<b>Sunday 20<sup>th</sup> March</b> 3 <sup>RD</sup> SUNDAY OF LENT	<b>Friday 1<sup>st</sup> April</b> Saint Celsus, Bishop
<b>Monday 21<sup>st</sup> March</b> Saint Enda, Abbot	<b>Saturday 2<sup>nd</sup> April</b> Saint Francis of Paola

## OFFICIAL GUIDE OF COLUMBAN WAY IN ITALY

The Italian members of the European Association of the Way of St Columba are pleased to announce the release in bookshops from 3 March 2022 of the official guidebook of the Way of St Columba published by Terre di Mezzo Editore, by the authors Caterina Barbuscia and Valeria Beretta with the collaboration of the Associations of the Friends of San Colombano per l'Europa of San Colombano al Lambro, the Friends of San Colombano of Bobbio and the Friends of the Cammino di San Colombano of Vaprio d'Adda who act as points of reference and support along the entire route. It was a great work of synergy between the three associations and the 62 municipalities, the two regions and the Diocese of Piacenza-Bobbio, crossed by the route, and other public and private bodies.

330 kilometres on foot or by bicycle from the Swiss border to Bobbio. The route of the Cammino di San Colombano winds its way along 18 stages, from Villa di Chiavenna, along the Sentiero del Viandante to Lecco and Milan, where the final 8 stages begin, leading to the last abbey founded by Saint Colombano in Bobbio.

This is the last stretch, on Italian territory, of a European Cultural Itinerary of over 5,000 km that crosses another 7 countries and follows in the footsteps of a man who helped build Europe.

*An additional stage from Bobbio to Coli leads to the cave of San Michele.*

[https://www.terre.it/prodotto/il-cammino-di-san-colombano/?utm\\_source=google&utm\\_campaign=Google%20shopping&utm\\_medium=cpc&utm\\_term=229726&qclid=EAiaIQobChMIk9al5\\_aQ9qIVAeN3Ch3S2ACrEAYYASABegJXhvD\\_BwE](https://www.terre.it/prodotto/il-cammino-di-san-colombano/?utm_source=google&utm_campaign=Google%20shopping&utm_medium=cpc&utm_term=229726&qclid=EAiaIQobChMIk9al5_aQ9qIVAeN3Ch3S2ACrEAYYASABegJXhvD_BwE)

### **THE WAY OF SAINT COLOMBAN, EUROPEAN CULTURAL ITINERARY AND PILGRIMAGE ROUTE IN ITALY 330 KM FROM THE SWISS BORDER TO BOBBIO IN 18 STAGES.**

The years around the turn of the second millennium were characterised by the rediscovery of St. Columbanus, which brought him up to date after 14 centuries. Starting from the town of San Colombano al Lambro, where the interest for a deeper knowledge has been rekindled and devotion has never waned, this desire for rediscovery has gradually spread to many other places touched by his passage and his work, through studies, research, publications and initiatives of all kinds that have highlighted the importance that this figure has had and continues to have for Europe.

A dense network of links that has been created between the various civil and religious realities inspired by Columbanus has given rise to ideas and projects in many sectors, but it is thanks above all to the associations of the Friends of St. Columbanus, active in the places of ancient Colombian memory, that we have the idea of re-proposing to today's Europeans the path that the Irish monk travelled on foot or by boat between the 6th and 7th centuries from his native Ireland to Bobbio. With the European Association of the Way of St. Columbanus, founded in 2014, the idea took shape and after 7 years has become reality.

The idea was to repurpose one of the oldest pilgrimage routes in Europe, which winds through eight countries (in order Ireland, Great Britain, France, Germany, Switzerland, Austria, Liechtenstein, Italy), traced by one of the most venerated figures of the Middle Ages, an exponent of the migratory monastic phenomenon, typical of Ireland, which played a fundamental role in the birth of Western civilisation and Europe itself. For the part of the itinerary that winds through Italian territory, thanks to the Associazione Amici del Cammino di San Colombano of Vaprio d'Adda (for the area north of Milan), the Associazione Amici di San Colombano per l'Europa of San Colombano al Lambro (across the southern Milanese plain), the Association of Friends of San Colombano di Bobbio with the GAL Ducato di Parma e Piacenza (for the Piacenza Apennine section), which has mapped and reported on this journey in 18 stages, 330 km long, which will take all those who wish to travel along it from the Alps to the regions furrowed by rivers and lakes, to then reach the modern metropolis and, across the Po Valley, enter the valleys of the Piacenza Apennines, reminiscent of glimpses of Ireland.

The research work started from the few localities identified by Jonah in the Vita Sancti Columbani and then identified other localities that were the result of research and studies carried out in later periods or deduced from documents that formed the basis of their history, or supported by centuries of tradition, or imprinted in geographical places by popular beliefs handed down to the present day. Alongside the route probably followed by Columbanus, it has been decided to follow, in some places, paths already identified later on the ancient Roman roads (as in the case of some stages of the Sentiero del Viandante or the recent Via dei Monaci).

The Way of St. Columbanus is one of those routes proposed to the walking public that refer to the figure of saints who were travellers and pilgrims, whose tomb became a traditional pilgrimage destination. Columbanus is unanimously recognised as one of the most famous pilgrims; he was one first and foremost in his deeds, having travelled more than 5000 km on foot, but no less so in his state of mind, his inner attitude. The 140 km stretch from Milan to the tomb of Saint Columbanus in Bobbio was structured in 8 stages on the model of the Way of St James, with credentials and the issuing of the testimonium. So those who walk the last few kilometres in this spirit will be able to recall the work of a great evangeliser who combined prayer with work and study, embodying the Irish vocation for pilgrimage understood as the definitive abandonment of one's land and one's people, which entails a voluntary exile in the name of faith and therefore the choice to live forever without a homeland, as strangers in one place, as they are always on the way to their true homeland which is not of this world.

*Continued.....*

In addition to the historical and religious reasons for this journey, there are also important attractions in terms of the environment, landscape, culture, music, crafts and food and wine, which are so varied even though they are concentrated in just two regions, Lombardy and Emilia Romagna.

The invitation to those embarking on this adventure is therefore to rediscover, through the varied beauty of nature in its many forms, that "common home" which Columbanus conceived as such from its very beginnings, and to walk through it with the same spirit in grateful memory of a man who made history, who has not been forgotten and who gives us the opportunity, with this experience, to become protagonists of the history of Europe today.

**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 Mother Teresa, St John Paul II, 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. Come and join us and be part of the prayer movement online!

**Pope's Intentions this month:** *During this 24-hour Prayer relay, We pray for the Holy Father's Prayer Intention for the month of March, we pray for the Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.* **Saturday at 8.30pm** I will be leading prayer with Eucharistic Adoration on the Catholic Internet TV – Shalom World.org Just click on the following link to access this time of prayer. [www.swprayer.org](http://www.swprayer.org) Please be assured that I will be including all the parishioners and their families during this live Eucharistic Adoration.

**Knock Shrine** - Daily Masses continue to be broadcast on the Knock Shrine website and Facebook page at 12 Noon and 7.30pm, with Rosary at 7pm. Sunday Mass is broadcast at 12 noon, Rosary at 2.30pm and Mass at 3pm. For further details, please see [www.knockshrine.ie](http://www.knockshrine.ie)

**Right To Life UK** has launched a [tool](#) (the tool will be taken live at 12pm on Friday 4 March) on our website which enables members of the public to easily contact Peers. If you could attach the message below in your church newsletter, website or social media pages, that will help us to get the word out on this important issue.

#### **Stop new abortion threat**

Baroness Sugg has tabled an amendment to the Health and Care Bill that would make 'DIY' at-home abortion permanent. It is vital that as many Peers as possible oppose this amendment.

Right To Life UK has launched an easy-to-use tool on its website that makes it easy for you to send an email to a randomly-assigned Peer asking them to oppose the amendment. Please visit [www.righttolife.org.uk/DIYabortionthreat](http://www.righttolife.org.uk/DIYabortionthreat) to contact your MP now. It only takes two minutes. In light of this news, we'd like to further encourage your support, and ask that you continue to include us in your prayers.

**DIOCESAN VOCATION WEEKEND** "There are very few men who realise what God would make of them if they abandoned themselves entirely to his hands." (St. Ignatius of Loyola) Join us at the Vocations Weekend in Drumalis Retreat Centre, Larne, from Friday 11 – Sunday 13 March 2022. You are invited to take this opportunity to carve some time out of your busy schedule, in order to listen to what God might be saying to you and what He might be calling you to. It may be that He is calling you to serve as a priest in His Church. If you wish to attend this weekend or would like further information contact: Fr. Kevin McGuckien Tel: 02890614567; Email: [vocations@downandconnor.org](mailto:vocations@downandconnor.org)

#### **"Patrick Kavanagh – A Poet for Spring" with Sr Una Agnew SSL PhD**

*hosted by Drumalis via Zoom from 11:00 am – 12:15 pm (16 March 2022)*

"As we embark on the season of spring, we celebrate in poetry the way Kavanagh senses the stirrings of his soul as the earth comes alive in Spring. His liturgy of the seasons enhances his poetic pilgrimage from Monaghan to the Grand Canal." (Una Agnew SSL) Suggested Donation: £30 per person. For further details or to book a place, please contact Drumalis during office hours (Mon-Fri, 9 am – 5 pm) – 028 28272196/28276455 or email [drumalis@btconnect.com](mailto:drumalis@btconnect.com)

### **South Eastern Health & Social Care Trust Carer Support Service**

**Are you an unpaid carer who cares for a family member of friend?**

You are invited to come along to the Carer Support Service Carer Hub in Bangor.

**When:** 1<sup>st</sup> Wednesday of every month

**Where:** North Down Community Wellbeing Hub, Main Street

**Time:** 10.30 – 1pm

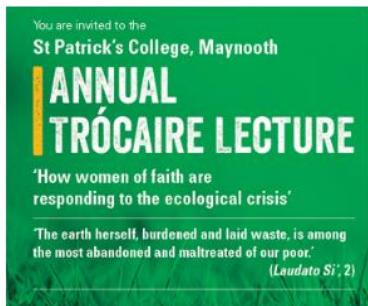
No need to book, just call in at any time during the morning for carer information advice and guidance. Join us for tea/coffee and scones, we would love to meet you.



**TRÓCAIRE** thank you for your help. You can donate in the following ways:

1. Online at [www.trocaire.org](http://www.trocaire.org).
2. By phone: 0800 912 1200 (NI)
3. By post to Trócaire, 10 King Street, Belfast, BT1 6AD (NI),

You can register here on this link for our workshops-  
<https://forms.gle/jbb8mxLt8t1NpSzU8>



Dr Carmody Grey (Assistant Professor of Catholic Theology at University of Durham) and Lucy Volkhiwa (Chairperson of Catholic Women Organisation, Archdiocese of Blantyre, Malawi) will co-deliver the keynote address.

**International Women's Day, 2022**  
**Tuesday, 8 March, 7 p.m. GMT**

This is a free online event and registration is essential

Please register using this link:  
<https://trocaire.org.zoom.us/j/859M-zzRS5p4awZc6WsdQ>



**Trócaire**

In preparation for these workshops- please have a look at our resources for Lent on our parish page; <https://www.trocaire.org/our-work/working-in-ireland/parishes/lent-2022/>

## DROMANTINE CONFERENCE NEW WORKSHOP 2022 - BOOKINGS NOW OPEN

Please contact Jacinta or Louisa to reserve your place: TEL: 028 (048 from ROI) 3082 1964

EMAIL: [admin@dromantineconference.com](mailto:admin@dromantineconference.com)

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**Preparing for Marriage? Catholic Engaged Encounter**  
 A Marriage Preparation course is planned for **9/10 April 2022** in **The Drummond Hotel**, Ballykelly, Co. Derry. This 2-day **non-residential** course is a positive way of preparing for Marriage where you will discover how you can enrich your future relationship.

Information/Booking: [marriageencounter.ie](http://marriageencounter.ie)  
 or 028276 38512

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**ARDS CCE St Patrick's Party Concert** with  
 fantastic Irish Traditional Music,

Dancing, and guest artists.

**SUNDAY 13<sup>th</sup> March, 4pm St Patrick's Hall,**  
 Newtownards. Tickets £5 from the Mace Brunswick Rd, Bangor or pay at door.(kids free with adult)

## 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 and say the following 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."



Please find the information below for your Parish bulletin. The Living Church office will be facilitating the Lenten programme, 'No Greater Love' over Zoom for this Lent.

### NO GREATER LOVE

Lent is a season of reflection and preparation as we look forward to the celebration of Easter. Why not join **Living Church** as we reflect together over Zoom on the final moments of Jesus' life. In a series of short films shot on location in the Holy land, **No**

**Greater Love** is a biblical pilgrimage that reveals Christ's amazing love for us. Best-selling author, Edward Sri, will guides us through the final hours of Christ's life. Over 5 weeks we are given the opportunity to walk step by step with Jesus through the Scriptures from the Garden of Gethsemane to Mount Calvary. At each session there will be the opportunity to meet others from across the Diocese to pray, share and reflect together. There are 5 online sessions – one for each week of Lent which will lead us into Holy week. To book your place on our online program please e-mail [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org)

There are 6 options for you to choose from:

Monday 14<sup>th</sup> March at 11am or 7pm || Tuesday 8<sup>th</sup> March at 7:30pm || Wednesday 9<sup>th</sup> March at 7:30pm  
 Thursday 10<sup>th</sup> March at 11am or 7pm

We are delighted that the **2022 Church of Ireland Theological Lecture at Queen's University**, Belfast, will be given by renowned scholar, theologian, author and communicator, Professor Alister McGrath. Professor McGrath is the current Andreos Idreous Professor of Science and Religion in the Faculty of Theology and Religion at the University of Oxford, and the title of his address is 'Theology: Why it matters to the academy and the churches'.

The lecture will take place on **4th April 2022 at 6pm** in the Isdell Courtyard at Riddell Hall, 185 Stranmillis Road, Belfast, with reducing covid restrictions permitting, tea & coffee on arrival from 5.15pm.

More information can be found on our website

<https://thehubbelfast.org/2022/02/22/tickets-available-for-theological-lecture-at-queens-2022/>

Of you can do directly to reserving seats here

<https://www.eventbrite.co.uk/e/theology-why-it-matters-to-the-academy-and-the-churches-tickets-261838825977>

We would love to see you there, and please feel free to share the invitation or publicity found on any of our social media channels (simply search for 'The Hub Belfast') with others.

<https://www.facebook.com/events/629759561452493>

**The Lough Derg Pilgrim Path** on the lough shore is now open daily. The full route is a 12km loop, with a shorter 8km option, and several information boards highlight features of particular interest. Leaflets are available at the Visitors Centre. For bookings and further information email [info@loughderg.org](mailto:info@loughderg.org) or telephone 0(0353) 71 9861518.

**Bangor group of Alcoholics Anonymous** has restarted our Open Meetings. Open Meetings are, as the name suggests, open to everyone and anyone who wishes to know more about alcoholism, how it effects the individual and how they can recover. Bangor AA Open Meetings, The last Friday of the month, every month. Doors open at 8pm for an 8.30pm start. **Bangor Community HUB**, Hamilton Road, Bangor. BT20 4LF.

## DOWN AND CONNOR SAFEGUARDING OFFICE

TOWARDS PEACE in relation to a Webinar coming up on the 29<sup>th</sup> March 2022, entitled, "Healing Woundedness one soul at a time". If you are interested in this event, further information and joining instructions can be found on the link below;

[www.towardspeace.ie](http://www.towardspeace.ie) or alternatively you can email: [towardspeace@iecon.ie](mailto:towardspeace@iecon.ie)

### Icon Painting Workshop

Knock, Co. Mayo


Experience the unique spiritual world of the Byzantine Era through icon painting

September 26 - October 1, 2022  
Alexian Brothers Monastery  
Knock, Co. Mayo

The Alexian Brothers Monastery is excited to welcome back master iconographer Theodore Papadopoulos! Join us on this six day intensive course under the direction of visiting master iconographer and expert instructor Theodore Papadopoulos from Greece. This Virgin Mary icon will "come alive" as he will guide you step by step, through the ancient techniques of Byzantine Iconography. Let us journey together, discovering anew, this traditional artistic expression of theology and spirituality often called the "meeting place of the Divine". Whether you are a beginner or an advanced artist, you will be able to follow the instructor for an outcome of a beautiful icon.

Your tuition fee of €480 includes all materials.  
Space is limited. Please register early to secure your spot.  
The Alexian brothers have excellent accommodations.

For registration and more information visit the website  
[www.theodoreicons.com/knock](http://www.theodoreicons.com/knock)  
or contact Theodore Papadopoulos at: [theodoreicons@gmail.com](mailto:theodoreicons@gmail.com)





**Northern Ireland  
Adoption &  
Foster Care**

**0800 0720 137**  
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Paul's foster carers will receive: ✓ full training ✓ fee of £39,000 per annum plus fostering allowances

## AID TO THE CHURCH

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Ukrainian nuns stay behind to serve the people

**DESPITE THE INCREASING RISK OF REMAINING IN THE WARZONES IN UKRAINE,  
RELIGIOUS COMMUNITIES HAVE STAYED BEHIND TO SERVE THE PEOPLE. By Maria Lozano**

Religious sisters in shelter. (Credit: Aid to the Church in Need)  
Magda Kaczmarek, Project Manager of **Aid to the Church in Need (ACN)** for Ukraine, is in constant touch with the foundation's long-term partners.

Religious sisters and laypeople in a bomb shelter. (Credit: Aid to the Church in Need)

Among others, she is in close contact with **several orders of nuns** in the war area. "The sisters are **full of fear and anxiety**, but they also feel **upheld by prayer** and by a worldwide wave of solidarity," she reports.

**Kaczmarek speaks movingly of a conversation with a nun from a convent in northern Ukraine.** For security reasons neither the nun's name, nor the location can be revealed, but media reports confirm there is fierce fighting in this town. Several times during the night **the sisters have had to take refuge in the basement**; they sleep therefore in their habits and veils, so that they can run out of their rooms at any time. **At night the whole convent is kept in darkness, so as not to attract attacks.**

Since the beginning of this conflict they have tried as far as possible to **carry on with their conventual life**. The mobile phone is, however, a constant companion when they are saying the office, reports Kaczmarek: "In this way they can always get an early warning when another attack starts."

Now, however, because of the fierce fighting even **their convent basement is no longer safe. Therefore, the nuns have recently started taking refuge at night in an air raid shelter.** Several bombs have already landed near the convent, killing a young family, reports Magda Kaczmarek. **"The sisters are now hosting three families in the convent, who were very fearful for their lives."**

For the nuns that is no new task. **Long before the attack by Russian troops at the end of February many people came seeking their help, including families affected by the war which began in 2014.** They provided spiritual care for the wounded and their families: a mission as important then as it is now. For the local population the nuns are a sign of hope and guidance. Many neighbours say: **"We are staying as long as the sisters stay. When they go, we go too."**

Despite the gloomy situation there are little glimmers of light. **"The nuns receive news from all around the world that people are thinking of them and praying for them.** The friends and neighbours of the convent also show the nuns great solidarity, although these people are themselves in great distress," reports ACN's Project Manager.

Religious Sisters praying the rosary in a bomb shelter. (Credit: Aid to the Church in Need)

The nuns say that **the Psalms have become very real** to them, reports Kaczmarek. **"They ask for protection from the dangers of war, and the promise of God's presence gives them strength."** One of the nuns says that she has never prayed the Rosary as much as now.

**ACN helped to fund the building of this convent and for many years has been continually contributing to the living expenses of the nuns.** They thank ACN for the solidarity and closeness. Alongside the material help, the foundation has called on contemplative orders around the world to pray for Ukraine. Amid the terrible fear and



fighting in the country, this is a form of support which does not go unnoticed, reports Kaczmarek after her conversations with the nuns: "They feel that they are a part of the Church and that many people are with them."

***In response to the outbreak of war in Ukraine the international pontifical foundation Aid to the Church in Need (ACN) is sending an aid package of 1.3 million euros.*** According to a statement from the President of ACN, Dr Thomas Heine-Geldern, the money is for priests and religious, who are working across the country in parishes, with refugees, in orphanages and homes for the elderly.

