# 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.

## Fourth Sunday of Lent (Laetare Sunday), Year C – 30th March 2025

<u>Easter Duty - every Catholic is required under pain of sin to receive Holy Communion worthily once between Ash</u>
<u>Wednesday and the Feast of the Blessed Trinity</u>

# Your prayers are requested for Recently Deceased:

**UNA GRIFFITH** 

## **Anniversaries:**

PATRICIA DALY
ALONA MCAULEY
LIBRADA RAMOS
JOAN JENNINGS
GERRY BECK
MAR ALAN
CATHY MCSTRAVICK
LILY JAMISON
MARGARET HALL
EUGENE FRANCIS HUGHES
PATRICK & AGNES HANLON
JAMES & AUSTIN HINDS
PHILIP GARDNER
PATRICK DELARGY
JOAN CURRIE

PARISHIONERS ARE REMINDED THE CLOCKS GO FORWARD THIS WEEKEND

## St COMGALL'S CHURCH DONAGAHADEE

Sunday 30th March @ 9am

## ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 29th March @ 6.30pm and Sunday 30th March @ 10am and 12noon

## **MASS TIMES NEXT WEEK:**

DAILY MASS Mon 31st March - Fri 4th April @ 9.30am

"Let us pray for all those affected by the debate on assisted suicide, that they may be guided by compassion, wisdom, and respect for the dignity of every human life. May our leaders, medical professionals, and lawmakers seek to protect the vulnerable and uphold the sanctity of life in all decisions. Lord, hear us".

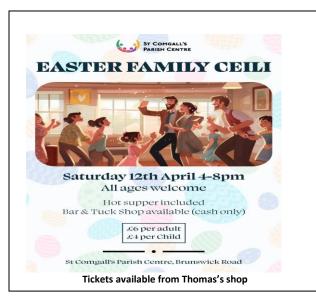
# BAPTISM REGISTRATION Please register online SIDE BAR under 'Baptism Registration'

Baptisms are celebrated on Sundays @ 1.15pm

#### **Trōcaire**

## COFFEE MORNING SUNDAY 6<sup>TH</sup> APRIL ALL WELCOME BIG BALLOT PRIZES

Trócaire needs your support to respond to disasters and emergencies



#### St Malachy's PS & Nursery Unit (Bangor)



Temporary Appointment of a Clerical Officer

The Board of Governors of St Malachy's PS & Nursery Unit are currently reviewing our office structure and therefore seek to recruit a Clerical Officer to assist with core duties.

#### Term of Post

A temporary post until 30<sup>th</sup> June 2025. (with possibility of extension)

#### Working Hours

- Monday Friday
- 9am-2pm

#### Essential Criteria

Knowledge of Microsoft Suite/Excel programmes Desirable Criteria

Experience in an office-based receptionist/clerical role

All expressions of interest should be emailed to <u>srafferty812@c2kni.net</u> (subject bar FAO Mr Rafferty – Clerical Officer Post)

by 12 noon on Wednesday 2nd April 2025.

#### **PARISH CENTRE - PARISH GROUPS 2025**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BRIDGE CLUB at 7.15pm until 9.45pm [Minor Hall]  LECTIO DIVINA GROUP 7.30pm — 8.30pm [St Dympna's Room]	FRIENDSHIP CLUB at 10.30am [Minor Hall]  IRISH DANCING CLASSES at 6.00pm to 8.30pm	PARENTS & TODDLERS 10am [Main/Minor Hall]  MEDITATION GROUP at 12pm to 1.30pm [St Dympna's Room]	St Comgall's Guide Unit (Girls aged 6-18) at 6.15pm to 8pm [Main/Minor Hall] IRISH LANGUAGE	Ju-Jitsu Club (Juniors 5-15yrs) 6-7pm [Main Hall]  Discussion Group At 7.30pm – 9pm
BADMINTON NOW WEEKLY at 8 to 9pm [Main Hall]	[Main Hall]  SVP at 7.30pm to 9.30pm [St Dympna's Room]	MENCAP Every fortnight at 6.00pm [Main/Minor Hall]  FOLK GROUP AT 7pm [St Dympna's Room]	CLASS At 7pm to 8pm [St Dympna's Room]  CEILI DANCING at 8.15pm to 9.30pm [Minor Hall]	[St.Dympna's Room] Monthly
		SENIOR CHOIR At 7.30pm [St Dympna's Room]		

#### **Children's Liturgy**

Parent Consent forms will be available after 10am Mass for the class which will begin soon. There will be forms available at upcoming Cuppa and Connect mornings too. We need to have children enrolled prior to the start of classes.

#### Eucharistic Adoration

Calling ALL ADORERS of the Blessed Sacrament in DOWN & CONNOR DIOCESE

National Eucharistic Adoration Pilgrimage to Knockon Sunday 6th April (weekend of 5th Sunday of Lent)

Vincents, the Saint Vincent de Paul charity shop in Kircubbin, would welcome donations of good quality men's, women's and children's clothes plus small (non-electrical) household items. If at any time you have such items to donate, please e-mail kircubbin.vincents@svpni.co.uk giving details of the items for donation, your name, address and telephone number. We will then arrange to pick up the items at you home at a suitable time. Alternatively, you can drop off the items at the Vincents shop in Kircubbin during opening hours 10.00am to 4.00pm Monday to Saturday. Your donation will raise money to help people in need across the North Down and Ards area.

## **DISCUSSION GROUP**

The next meeting of the Discussion Group will be on Friday 4 April 2025 in St Dympna's room from 7.30pm to 9.00pm. The topic for this meeting is: "The Second Coming of Jesus Christ". Everyone is welcome.

## THANK YOU

Buichas le gach duine a thug airgead don bailiuchan ar La Fheile Padraig. Fuair muid £594. Go raibh cead maith agaibh go leir.

Thanks to each person who gave money to the collection on St Patrick's Day. We got £594. One hundred thanks to you all.

## **CUPPA & CONNECT**

Sunday 6th April: Trocaire

Sunday 13th April: after 10am Mass Sunday 20th April: Easter Sunday Sunday 27th April: after 12md Mass

Volunteers needed to staff the bar on Sat 5th April for the Choral Festival. Please contact stcomgallspcc@gmail.com

## FRIENDSHIP GROUP

Group members are invited to a meeting on Tues 8th April @ 10.30am. Refreshments will be provided. Many thanks Evelyn

#### 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)

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 <a href="https://towardspeace.ie/">https://towardspeace.ie/</a>					
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Accord NI Catholic Marriage Care Service seeking Marriage					
Preparation Facilitators					
ACCORD NI Catholic Marriage Care Service is currently recruiting people to train as marriage preparation programme facilitators.					
<ul> <li>If you have a positive attitude towards marriage in the Catholic Church</li> <li>If you have the enthusiasm to be part of the Accord team in supporting couples who are preparing for the Sacrament of Marriage</li> <li>Accord wants to hear from you!</li> </ul>					
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 <a href="mailto:info@accordni.com">info@accordni.com</a>					
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... <a href="www.soulparemission.com">www.soulparemission.com</a> <a href="www.soulparemission.com">Who are we</a>? We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director living in Down and Connor. <a href="www.soulparemission.com">what's on offer?</a>? 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				