

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 9.30pm to 1pm.

EASTER SUNDAY, 16/17 April 2022

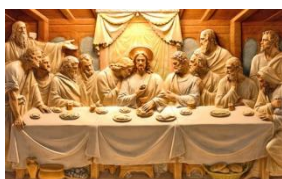
EASTER SERVICES

[all services **only** in St Comgall's Church, Brunswick Rd unless otherwise specified]

HOLY WEEK

Penitential Services

- **Monday 11th April - 7pm** St Comgall's Church, Bangor
- **Tuesday 12th April - 7pm** St Patrick's Church, Newtownards
- **Wednesday 13th April - 6pm** St Patrick's Church, Ballygalget Rd, Ballygalget
- **Wednesday 13th April - 7pm** St Patrick's Church, Ballyphilip, Portaferry



HOLY THURSDAY 14th April

at 7.30pm - The Mass of the Lord's Supper

GOOD FRIDAY 15th April

at 3.00pm – Stations of the Cross
at 7.30pm – The Passion Liturgy



HOLY SATURDAY 16th April

Confessions: 12noon to 2.00pm

EASTER VIGIL: 9.00PM

GOOD FRIDAY Collection
For the HOLY LANDS.



EASTER SUNDAY 17th April

at 9.00am – St Comgall's Church, Donaghadee

at 10.00am and 12noon – St Comgall's Church [Brunswick Road]

Obligation to attend Sunday/Holyday Mass: With the easing of Covid-19 restrictions, it is encouraging to see a return to a fuller liturgical life in our parishes. Thankful that we can once again gather as communities of faith, the Irish Bishops have announced that attending Mass on Sunday and Holydays of Obligation will from Easter Sunday (17th April 2022) once again be deemed an essential expression of faith. As always, those whose health is vulnerable or who are unwell will not be under any obligation to attend Mass.



BANGOR PRAISH PODCAST

You can listen to the Parish Podcasts STATIONS OF THE CROSS 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.

Your prayers are requested for

Recently Deceased: Jim McMillan Anniversaries:

Gerry Taylor, Francis McAdam, Gerry & Lily McCready, Pearl Connor, Patricia Maxwell, Peter Thompson, Alice O'Malley, Patrick McMahon, Maire Coulter, Sheila Hart, Elizabeth Gormon, Isabella Semple, Bob McMullan, Mary Woods.

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

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

UKRAINE COLLECTION
updated TOTAL : **£8185.00**

BAPTISM REGISTRATION

Evenings only until further notice at 6pm.
Wednesdays and Thursdays.
Please register online SIDE BAR under
'Sacramental Preparation'



St Elizabeth Orthodox – Visit to Bangor Parish. We are sincerely grateful to you for considering our inquiry to create a small stall of our crafts at your **Parish on the 14th of April** and in this way support us in our *challenging, yet rewarding work*.

We would like to thank you for all your help and patronage in the past. Owing to your generosity, kindness and support we have been able to advance our ministry and help many more people in need.

In recent years, we have been able to accommodate more than 180 residents at the rehab centre for men.

We have also been able to help more women at a similar rehab centre that is run by our convent.

This is a 7 Page Bulletin so please scroll down!

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

www.bangorparish.com

SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Easter Sunday 17th April @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Easter Saturday vigil 16th April @ 9.00pm

Easter Sunday 17th April @ 10am & 12noon

EASTER SUNDAY

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

DAILY MASS NEXT WEEK – 18TH April – 22ND April

Morning Mass: Monday to Friday at 9.30am

See front page for Holy Week Service Times

[Brunswick Rd ONLY]

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

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

www.churchservices.tv/bangor

Solemn Adoration of the Blessed Sacrament has resumed from **Monday 7th March 2022** and on every Monday thereafter. 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.

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. 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.

Full Copy Of The Sunday Missalette Can Be Found On The Parish Website Under "News"

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.



EASTER SUNDAY– 16 & 17 April 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 / APRIL 2022

HOLY THURSDAY 14th April

EASTER TRIDUUM – Evening Mass of the Lord's Supper

EASTER TUESDAY 19th April

GOOD FRIDAY 15th April

EASTER TRIDUUM – Day of Fast and Abstinence

EASTER WEDNESDAY 20th April

HOLY SATURDAY 16th April

EASTER TRIDUUM – Easter Vigil

EASTER THURSDAY 21st April

EASTER SUNDAY 17th April

EASTER FRIDAY 22nd April

EASTER MONDAY 18th April

EASTER SATURDAY 23rd April

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 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!

Saturday at 4.30pm: I will be leading prayer **SEVEN WOUNDS OF OUR BLESSED MOTHER MARY** Meditation on the Catholic Internet TV – Shalom World.org Just click on the following link to access this time of prayer. 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

Rosary at the Grottos

The Rosary will be prayed each day during the month of May at hundreds of grottos around the Island of Ireland. To see a list of locations, or to register a grotto (or other suitable location) simply visit www.coastalrosaryireland.ie You can also register by texting 087 278 6552. We are praying for Ireland and for peace in the world.

SACRAMENTAL PREPARATION CLASSES

For all children not attending Catholic Schools.



1ST PENANCE & HOLY COMMUNION

Classes to be held in the Parish Centre on

Sunday mornings at 9:15am.

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 continue in the Parish Centre every Sunday morning @10.30am-11.45am.

Please register by email to the parish office Email: bangor@downandconnor.org

The loss of a partner through death, separation or divorce is devastating. **BEGINNING EXPERIENCE** is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast on three Saturdays (April 30, May 28 and June 25.) Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669.

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 or telephone 0(0353) 71 9861518.

PRAYING WITH THE ICONS
under **The Four Saints** found in
'Parish Today'

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

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

Donations to Ukraine will go to support our partner, Caritas Poland, who are working on the border. Poland has received 400,000 refugees from Ukraine over the past week and volunteers from Caritas Poland are providing food, blankets, hygiene kits and other essentials to people at the border as they arrive. We are already working in partnership with Caritas Poland and have supported their response in Yemen. We are now also extending financial support to their work on the Polish/Ukrainian border to support those arriving from Ukraine.

We will continue to engage with Caritas Europa to identify how Trócaire can best support the local Caritas organisations in their response.

Please note, however, that the Trocaire Lent boxes cannot be used to collect money for Ukraine and donations made to Ukraine will not be matched by UK Aid Match as the scheme is specifically tied to our Lent campaign.

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.

South Eastern Health & Social Care Trust Carer Support Service Are you an unpaid carer who cares for a family member or friend?

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

When: 1st 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.



**GREETINGS FROM DROMANTINE RETREAT AND CONFERENCE CENTRE
NEW WORKSHOPS 2022 - BOOKINGS NOW OPEN**

NO VISIBLE SCAR

Comfort for those bereaved during the pandemic
Friday, 20 May (5pm) - Sunday, 22 May (2pm)

ALONE TOGETHER

Finding our way back to connection
Saturday, 18 June (9.30am - 4.30pm)

THE LONG GOODBYE

Practical advice for caregivers of people living with dementia
Friday, 19 August (5pm) - Sunday, 21 August (2pm)

WHEN IT IS DARKEST

Understanding suicide
Saturday, 24 September (9.30am - 4.30pm)

CHURCH ABUSE: A UNIQUE BETRAYAL

A call to listen, a call to action, a call to change
Friday, 4 November (5pm) - Sunday, 6 November (2pm)

Workshop Facilitator: Father Hugh Lagan SMA

Fr Lagan is a priest with the Society of African Missions and a chartered clinical psychologist. He has led retreats, workshops and trainings internationally on psychological and spiritual well-being, positive change, trauma, mental health and resilience. Please contact Jacinta or Louisa to reserve your place: TEL: 028 (048 from ROI) 3082 1964 EMAIL: admin@dromantineconference.com

**Pilgrimage to Fatima – 2022, Down and Connor Diocese
8 - 15 SEPTEMBER 2022 | 7 NIGHTS**

Led by Bishop Noel Treanor D.D. Pilgrimage directors: Fr G. McCloskey PP and Fr Sean Gilmore PP - Return flights from Dublin to Lisbon - Coach from Belfast to Dublin airport - 7 nights at Hotel Avenida - Breakfast, lunch and dinner each day - Airport transfers - 20kg check-in bag per person - Free travel insurance up to 79 years. **£689** per person sharing.

For Bookings contact: Joe Catney 028 9071 4001 / 07776 425631

Pilgrimage Directors: Fr G McCloskey PP 028 4484 1208 & Fr Sean Gilmore PP 028 4376 8208

Accord is recruiting interested people to assist in the provision of Marriage Preparation Programmes.

Application forms are available by contacting info@accordni.com

Selections will take place in June of this year with training commencing in September.

This year Accord is celebrating 60 years supporting couples and families.

Please contact us for any support you may need www.accordni.com

CANA 1,2,3 – Retreat for Couples: Rediscover the meaning and fun in your marriage, your family life, and your commitment to each other. Experience the 7 thematic days of the CANA Week over three weekends through April, May & June. Including Talks, Testimonies and most importantly of all, Time to share with each other as a couple and with other couples. Contact details: Brian & Lisa Harmon 041 6851563, 086 8386725 or 0879080023 info@canaireland.org. www.canaireland.org.

LOYOLA INSTITUTE: The Festival will open at 6pm on **Thursday 19th May 2022** with a Public Lecture by the inaugural Director, Prof Cornelius Casey, entitled 'Theology in a Conversation about Hope'.

The Conference Festival will continue on Friday and Saturday, 20th, 21st May. The Conference will be held in the JM Synge Theatre, Arts Block, Trinity College Dublin.

We would like to invite you to avail of the 'Early Bird' special for €60 euro available until the 15th April.

This includes lunch on Friday and Saturday, and tea/coffee each day.

For one day, either Friday or Saturday, the cost is €40.

Further details at https://www.tcd.ie/loyola-institute/conferences/festivaloftheology_homepage.php

Issue 74 of *Sharing the Good News* for circulation to parishes for use in newsletters, parish mailing lists, as well as on websites and social media pages. The March issue is attached in PDF and image (jpeg) format to optimise sharing online. The current issue can also be linked to and downloaded from the home page of www.catholicbishops.ie.

The March issue features the following articles:

- Lent an ideal time to focus on the Synodal Pathway – Bishops // Special collection for Ukraine on the weekend of 27 and 27 March // Church in Ireland to join Pope Francis as he consecrates Russia and Ukraine to the Immaculate Heart of Mary // Archbishop Dermot Farrell on modern day slavery
- Pastoral kit launched for dioceses and parishes as three month countdown to WMOF2022 begins
- War in Europe should help us learn lessons for our own peace process - Archbishops of Armagh
- Pope Francis reforms the organisation and structure of the Roman Curia
- It is encouraging to see a return to full public worship in our parishes - Bishops

Interview with bishop in South Sudan

IN APRIL LAST YEAR, THE BISHOP-ELECT OF RUMBEEK IN SOUTH SUDAN, CHRISTIAN CARLASSARE, WAS SHOT IN THE LEGS. THANKFULLY, BISHOP CHRISTIAN CARLASSARE HAS SINCE RECOVERED AND WAS CONSECRATED AS BISHOP. HE SPOKE WITH ACN ABOUT THE CURRENT SITUATION IN SOUTH SUDAN. By ACN Staff



Bishop Christian Carlassare and the Apostolic

Nuncio. (Credit: Aid to the Church in Need)

South Sudan is the youngest country in the world, only gaining formal independence from Sudan in 2011. Sadly, South Sudan has seen much unrest and civil war. **Raquel Martin, on behalf of ACN, interviewed Bishop Christian Carlassare of the Diocese of Rumbek about the current situation in South Sudan.** Before Bishop Carlassare, there had been no Bishop of Rumbek for ten years. In April 2021, shortly after being named as the new

bishop, [Bishop Carlassare was shot in the legs during an attack.](#)

Bishop Christian Carlassare after being shot. (Credit: Aid to the Church in Need)

During the interview, Bishop Carlassare, who is originally from explained how delicate peace and stability is in many parts of Africa:

“My experience with these African countries has shown me stability is very fragile, and you need to give things time, and jump to conclusions about what is going on. Instability doesn’t because we can’t know where it will lead. Naturally, uncertainty Sudan and Ethiopia, where the situation is also very delicate, not help South Sudan achieve the peace and tranquility it for, but of course each country has to be responsible for Our country sought the mediation of regional states for its peace process, but now, with all these developments, it will have to invest more in its peace-making efforts.”

Bishop Carlassare also detailed that **although the majority of South Sudan’s population are Christians, the Faith is still very young here and does not have deep roots yet.** This is part of the reason there is still so much violence in South Sudan:



“Violence should be far from Christianity, but it is very much present. So many people take to weapons and use them to achieve their interests and goals! There is much work to be done. The population suffers because of the conflicts, instability, endemic poverty and lack of services. The Church suffers from the same wounds as the population, such as poverty and the scars of violence. The attack I suffered was a clear sign of this.”

Bishop Carlassare spoke about how the attack against him last year shocked him:

“This was a great shock for me. I had been in many dangerous situations in South Sudan, but I had never felt endangered, because I was protected by the people. But that day I was faced with two young men who were



Italy,

that not help, in do hopes itself.

*pointing guns at me, during the night, and with nowhere to run to. They shot me, but **thankfully the Lord guided the bullets and I wasn't hurt too badly.** They hit the muscles in my legs but missed any vital areas.*

Children praying the Rosary. (Credit: Aid to the Church in Need)

This was a moment of grace, because it gave me the humility to be like the people, bearing the same wounds as the people.** I interpret this as a sign to get back on my feet and show them that they too can get back on their feet, despite the wounds caused by an endless conflict, despite the presence of so many weapons, so many territories occupied by militias and displaced people. **When faced with this despair we have to provide hope that their wounds can be healed, that we can get back on our feet and walk along the path of peace.

Bishop Carlassare has this message to people in the West about how we should view Africa:

"We should look at Africa knowing that there are people who hope for a better life, with better prospects. We need to open room for the positivity there is in Africa, helping to sustain those who work with goodwill, stable governments that have the best interests of their citizens at heart and economies that can work better. Support from the west is very important to sustain these young countries and provide good examples so that they make responsible decisions, for the common good and not just for the benefit of a few. Cooperation with Africa should focus on this justice and these positive steps."

Please join us in prayer that South Sudan and all African countries may soon enjoy peace.