

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.

PALM SUNDAY, 9/10 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



EASTER SATURDAY 16th April

at 9.00pm – Easter Vigil

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:

Peter McCausland (Thailand)

Anniversaries:

Brigid Doherty, Ann Skehin, Maureen Healy,
Sarah Skehin, Anthony Bowman, Alice
Kavanagh, Francis Hughes, Ann Fox, Mary
McGrath, Patsy Curry, Gerry Taylor, Gerry
Beck, Annabella Moore, Patrick Linehan,
Teresa Linehan, Anne (Nan) McDowell.

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
TOTAL : £7,435.00

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

Palm Sunday 10th April @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 9th April @ 6.30pm

Sunday 10th April @ 10am & 12noon

PALM SUNDAY

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

DAILY MASS NEXT WEEK – 11TH April – 13TH April

Morning Mass: Monday to Wednesday 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.

PALM SUNDAY– 9 & 10 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

Thursday 7th April Saint John Baptist de la Salle, Priest	EASTER MONDAY 18th April
Sunday 10th April PALM SUNDAY – PASSION OF THE LORD	EASTER TUESDAY 19th April
HOLY THURSDAY 14th April EASTER TRIDUUM – Evening Mass of the Lord's Supper	EASTER WEDNESDAY 20th April
GOOD FRIDAY 15th April EASTER TRIDUUM – Day of Fast and Abstinence	EASTER THURSDAY 21st April
HOLY SATURDAY 16th April EASTER TRIDUUM – Easter Vigil	EASTER FRIDAY 22nd April
EASTER SUNDAY 17th April	EASTER SATURDAY 23rd April

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

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 8.30pm, POPE'S INTENTIONS for the Month of April: For health care workers. We pray for health care workers who serve the sick and elderly, especially in the poorest countries; may they be adequately supported by governments and local communities. 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 Please be assured that I will be including all the parishioners and their families during this live Eucharistic Adoration.

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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

DRUMALIS CONFERENCE & RETREAT CENTER

"Walking Together Towards Easter"
Residential Easter Triduum at Drumalis, Larne (14-17 April 2022) led by Fr Perry Gildea CM and Drumalis Team.

An opportunity to reflect and participate in the Liturgy of Holy Week – the Triduum will commence with registration from 5 pm on Holy Thursday and end on Easter Sunday morning with Mass followed by breakfast. Cost: £295 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

See poster on Bangor Parish website under 'Bulletin Notices' or 'News'

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.

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.



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.

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."

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.

Facilitation Skills Training: Theory and Practice

New Course at Drumalis led by Laurie Randall and Sean O'Baoill over six days (May – Oct 2022)

Would you like to increase your understanding, skill and confidence in group facilitation? This course gives you an opportunity to explore the theory and practice of facilitation – with space to consider how the learning can be applied in a faith context. On successful completion of the course you will gain an Open College Network qualification at level three. If you are interested in finding out more, please email maura@drumalis.co.uk

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.

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

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=EA1aIQobChMIk9al5_aQ9gIVAeN3Ch3S2ACrEAYYASABEgJXhvD_BwE

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

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.

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.

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 28 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
- News in pictures

If you have any queries about the newsletter please contact me by email or on 087 310 4444.

AID TO THE CHURCH

<https://www.acnireland.org/n-donate>

SUBSCRIBE TO THE MIRROR

ELEVEN YEARS OF WAR IN SYRIA

As the world's attention is fixed on Ukraine, Syria has entered its twelfth year of war. After travelling to Syria to attend a church meeting, aid to the church in need's head of projects, Regina Lynch, was interviewed by Filipe D'Avillez about the current situation for Syria's Christians. By ACN Staff

Destruction in Aleppo. (Credit: Aid to the Church in Need)
World attention has understandably been fixed on the war in Ukraine. However, conflicts in other parts of the world rage on. **In Syria, the devastating civil war has entered its twelfth year.** The head of ACN's project department, Regina Lynch, has returned from a meeting in Syria between Church leaders and various aid agencies. **Regina was interviewed about the situation in Syria by Filip D'Avillez.**

Regina explained that despair is common amongst Syrian Christians after eleven years of constant war. This is why it is so important for ACN to support projects like the Christian Hope Centre, operating in Damascus and Homs. **The centre supports microprojects that help Christians to develop livelihoods. ACN also supports Church-run summer camps for children to help lift their spirits and ground them further in the Faith.** Regina explained that as Christians our ultimate source of hope is our faith:



Meeting "Church House of Charity, Solidarity and Coordination" in Damascus. (Credit: Aid to the Church in Need)

*"As Christians, we must have hope, and **our faith gives us this hope. It is faith that drives the aid so urgently needed in an ever-worsening humanitarian situation.** During these colder months it is particularly bad. In many parts of the country temperatures fall to freezing at night and yet at least 90% of the population lives below the poverty line, meaning they have no money to buy heating oil or to pay for electricity to supplement the few hours that come from the grid. **I think what gives hope to Church leaders – and Christians in general – is that a delegation from Rome and many non-Syrian charities attended this conference** despite all the difficulties,*

including roads blocked by snow and Covid."

Regina explained that the conflict has deepened the faith of many Syrian Christians. **Young people have become more involved with Church activities.** At the same time, some young people have asked difficult questions about the suffering that the Syrian people have gone through. The Church is there to help these young people grapple with these issues.

Regina spoke about the devastating impact that the **international sanctions against Syria** are having on regular Syrian people:

*"For sure, in Syria the ordinary people are the victims of the sanctions. Inflation is rampant and they can no longer afford medicine, surgery, meat, milk for their children, or even the bus fare for going to school or university. Even those with relatives abroad cannot receive any money because of the banking embargos. **The reality is that most sanctions in Syria are hurting the people more than anything else.** The local Church has spoken out strongly against them, and we support these calls."*

ACN is committed to continuing to work with our Catholic and Orthodox Church partners in Syria to help support local Christian communities. **Please join us in prayer that Christians in Syria may continue to stay true to the Faith.**