

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.

PARISH NEWSLETTER

33rd Sunday of the Year – 13 November 2022 –

Your prayers are requested for

Recently Deceased:

Patricia McCrystal, Freda Devlin,
Nuala Forster, Very Rev Gerry Patton,
Danielle Cummings.

Anniversaries: Pat Boyd, John Barklie,
Jimmy Crockford, Sean McGreevy, Gerry
McCann, Tom Linenhan, Eileen Thompson,
Peter Mulholland, Maureen Fox, Catherine
Storey, Gertie O'Mahoney, Charles & Cecilia
Walsh, Monsignor Ambrose Macauley,
Madge Griffin, Catherine Reilly, Patrick
Reilly, Maureen Reilly.

For more details on the different notices
please go on to the parish website:

www.bangorparish.com

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

www.bangorparish.com

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Holy Hour in St Comgall's Donaghadee –
every 2nd Sunday in the month @ 2.45pm

SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 13th November @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 12th November @ 6.30pm

Sunday 13th November @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK – 14th to 18th November

Morning Mass: Monday to Friday at 9.30am

A number of Masses including funerals are recorded.

These can be accessed by clicking on the link below:

www.churchservices.tv/bangor

Solemn Adoration of the Blessed Sacrament takes place every
Monday. Adoration will last from after Morning Mass until **4.00pm**.

<https://www.bangorparish.com/the-parish-today/the-columban-sisters/>

LINK FOR: 🙏 Sr Maura's PRAYING TOWARDS... SUNDAY
REFLECTIONS on the HOLY SCRIPTURES.

PARISH SACRAMENTAL CLASSES

Sacramental Class for **CONFIRMATION**.
Starting: The first Sunday in **JANURAY the 6th**
2023 at 10.30am to 11.45am in
Saint Comgall's Parish Centre.

Cost £40 to include workbooks and supplies.

Due to pressure of space - only children
registered by **Monday 12 December** will be
accepted this year. Register interest with the Parish
Office by email.

[giving child's name, class, age, school]



PREPARE FOR ADVENT!

'Emmanuel, God is with us.'

Venue: St Comgall's Church, Brunswick Rd **Time:**
7pm to 8pm **When:** Thursdays over 4 weeks:

Nov 24th, Dec 1st, Dec 8th after Mass, Dec 15th.

Prepare for Christmas! Open our hearts to the
beauty and richness of God's Word through Lectio
Divina – Listening, Praying and Meditating on the Divine Word.
All Welcome. Led by Derek Le Mahieu.

[children under 18 to be accompanied by an adult]

**Come and be a part of the Friendship Club
Tuesdays at 10am. ALL WELCOME!!!**

Each year the Parish Bethany Team holds a special evening
Prayer Service for all our deceased family members and
friends. In particular we remember those parishioners who
have died since last November.

Our Service this year will be held on

Sunday 13th November 2022
in **Saint Comgall's Church**,
Brunswick Rd, BT20 3DS, at **5pm**.

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

**Bethany
Bereavement
Support Group**
we are here to
support and listen.
Confidential.
07740-286738

BAPTISM REGISTRATION

Please register online SIDE BAR under
'Sacramental Preparation'

Full Copy of The Sunday Missalette can be found
on The Parish Website Under "News"

This is a **7** Page Bulletin so please scroll down!

PARISH CENTRE – PARISH GROUPS RESTARTING – SEPTEMBER 2022

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
BRIDGE CLUB at 7.15 until 9.45pm YOUTH CLUB 6.30pm – 8.30pm	FRIENDSHIP CLUB at 10.00am IRISH DANCING CLASSES at 6.00pm SENIOR CHOIR Starting 11 th October at 7.30pm	MENCAP Every fortnight at 6.00pm YOUTH CLUB 6.30pm – 8.30pm BADMINTON Every fortnight at 8.00pm	St Comgall's Guide Unit (Girls aged 6-18) at 6.30pm IRISH CLASS & CEILI DANCING at 7.00pm
BOOKING OF PARISH CENTRE: Contact Thomas on T: 07305 746 263 or Email: mcmullanthomas481@gmail.com			
If you have a parish group and wish to advertise the times of starting or day in this Parish Newsletter please contact the parish office by email on: bangor@downandconnor.org			

AT A GLANCE – NEWS ITEMS IN THE PARISH AND AROUND THE DIOCESE

To see the fuller details please go to the parish website 'Parish Bulletin'

WED 16 NOV

ST COLMCILLE'S CHURCH, HOLYWOOD are hosting talks during Advent. Canon Joseph Gunn will be giving a talk on 'Our Living Christian Heritage' starts at 7.30pm

THUR 17 NOV

ST. COLUMBANUS COLLEGE are holding a CHRISTMAS INDOOR FAIR on Thursday November 17th from **6 - 9pm**. Entry will be free and there will be lots of stalls, treats and gifts to get you in the mood for the festive season, along with music from our choir and traditional groups. All welcome to come along to support the college.

SAT 19 NOV - TOTUS TUUS SCRIPTURE CONFERENCE 2022 Is Live On Radio Maria Ireland **From 2pm**. Radio Maria Ireland Can Be Listened To By Downloading The Radio Maria Ireland App, Saorview Channel 210 Or Listen Live At (01)4373277

PLEDGE FOR NOVEMBER

Many people offer spiritual support to a relation who is struggling because of alcohol or an addiction problem. Parishioners who wish to take a short-term Pioneer pledge during the month of the Holy Souls are invited to visit www.pioneers.ie/pray

Knock Shrine - Daily Masses continue to be broadcast at 12 Noon and 7.30pm, with Rosary at 7pm. For further details, please see www.knockshrine.ie

SAT 26 NOV BEGINNING EXPERIENCE:

The loss of a partner through death, separation or divorce is devastating. Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669 or email belfastbe@yahoo.com

PARISH NOTICES

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.

ST COLUMBANUS FESTIVAL, 17 NOVEMBER TO 20 NOVEMBER 2022

Thursday 17 November – The Enemy Within by Brian Friel – 8pm/Free
Bangor Drama Club, Studio 1a Hamilton Road, Bangor

Saturday 19 November – Calligraphy Workshop for Children – 11am-1pm/Free Adults: 2-4pm/£10 Ballyholme Parish Church Hall, Groomsport.

Saturday 19 November – Columbanus Talks – 11am-1pm/Free
St Comgall's Parish Centre, Brunswick Road

Saturday 19 November – Columbanus Festival Concert – 7.30pm/£10
Bangor Abbey, Bangor

Sunday 20 November – Columbanus Bell Walk – 1.30pm-3pm/£6
Meet at the Bangor Bell beside Bangor Abbey at 1.30pm

Sunday 20 November – A United Celebration Church Service – 7pm-8pm (streamed live – website www.bangorparish.com) St Comgall's Church, Brunswick Rd

Saint Martha's Guild – St Comgall's Brunswick Road

It is proposed to revive the St Martha's Guild to ensure the regular cleaning of the church on a rota basis. Any parishioner interested in volunteering in this vital service is kindly asked to give his/her name into the Parish Office during office hours 9.30am-1pm or by email: bangor@downandconnor.org Thank you to the 6 who have come forward already once we have a few more we hope to set up a meeting and a Rota.



BANGOR PARISH PODCAST

You can listen to the Parish Podcasts Praying with the Icons 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.

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 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. **Non perishable foodstuff donations, for Storehouse, have recommenced. Donations can be left in the receptacle in the Bishops Porch at the rear of the Church** or 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.

A short video has been prepared as a Christmas. The video can be downloaded using this link:
https://1drv.ms/v/s!Aj_T6Njt1EjHj_EzO95fgWnvT-KSgg?e=1Qh0jL

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

- Online at www.trocaire.org.
T: 0800 912 1200 (NI)
- By post: Trócaire, 50 King Street, Belfast, BT1 6AD (NI).

Follow these links for more information about ACCORD NICMCS:
<http://www.4ni.co.uk/c/1763/accord-ni-catholic-marriage-care-service-belfast>
<http://www.facebook.com/accordmarriagecare>



Please find below the link to the Safeguarding Office 2022 E-Bulletin. Newsletter - available to view on our website <https://downandconnorsafeguarding.com/newsletters/>

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

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.



Certificate in Christian Thought – Adult Faith Development Programme *Two-year, part-time course, now enrolling for 2022-2023 intake* The Certificate in Christian Thought invites you to learn, reflect and discuss aspects of spirituality, theology and scripture at a greater depth. It is possible to do the course for personal development solely and/or to complete the written assignments required by St Mary's University College, which validates the course. For further information, please email maura@drumalis.co.uk or phone Drumalis during office hours 02828 276455/02828 272196



33rd Sunday of the Year – 13 November 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

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 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

NOVEMBER 2022

Thursday 10th November

Saint Leo the Great, Pope & Doctor

Friday 11th November

Saint Martin of Tours, Bishop

Saturday 12th November

Saint Josaphat, Bishop & Martyr

Sunday 13th November

33rd SUNDAY OF THE YEAR

Monday 14th November

Saint Laurence O'Toole, Bishop

Tuesday 15th November

Saint Albert the Great, Bishop & Doctor of the Church

Wednesday 16th November

Saint Margaret of Scotland, Saint Gertrude, Virgin

Thursday 17th November

Saint Elizabeth of Hungary, Religious

Friday 18th November

The Dedication of the Basilicas of SS Peter, Paul

Saturday 19th November

Blessed Virgin Mary, Queen Immaculate

The Annual Celebration of Mass for the Deceased Teachers of the Diocese of Down and Connor will be celebrated on Monday 14th November 2022 in All Saints Church, Broughshane Road, Ballymena at 7.30pm **AND** Tuesday 15th November 2022 in Good Shepherd Church (Holy Rosary Parish) Ormeau Road, Belfast at 7.30pm Anyone who wishes to join online can do so via parish webcam **The Ballymena Mass at:** Ballymena Kirkinriola Parish – Facebook **The Belfast Mass at:** www.holyrosaryparishbelfast.net

Please forward by Friday 11th November 2022 the name and school of those teachers from the diocese who died during the past twelve months to: Fr Colin Grant Director of the Down and Connor Catholic Schools' Support Service 120 Cliftonville Road, Belfast BT14 6LA Telephone: 028 9049 1886 Email: dctrusteeservice@downandconnor.org

BEGINNING EXPERIENCE: 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 (**November 26.**) Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669 or email belfastbe@yahoo.com

Free draw: Win a trip to Medjugorje with the Irish Centre Win one week's all included package trip to Medjugorje for one person. This includes 7 nights B&B, return airport transfer and flight (up to €300 flight & luggage value). To be in with a chance to win go to our website www.med-irishcentre.com For more details tel. 00353 1443 4510 or email reservations@med-irishcentre.com

SAT 26NOV & FRI 9DEC:

TWO EVENTS COMING UP AT BENBURB PRIORY

Martin Shaw and Paul Kingsnorth: Into the Hut of Stories on Saturday 26.11.22 at 7.30pm

An evening of saints & beasts: of marvels, perils, and redemption. From The Voyage of Brendan to a chapel crafted lovingly by bees, these are Christian myths of ecological reverence and soulful nourishment. **Tickets: £10**

A Christmas Concert with Fr. Ray Kelly on Friday 09.12.22 at 7.00pm

Benburb Priory will host Britain's Got Talent's Fr. Ray Kelly once again. This time, for an exciting Christmas concert. Fr. Ray will perform some beloved Christmas classics. Afterwards, he will join us in the Stables café for tea, coffee, and a meet and greet. **Tickets: £15** Tickets are available online at www.benburbpriory.com or in-person.

WED 16 NOV ST COLMCILLE'S CHURCH, HOLYWOOD are hosting talks during Advent. Canon Joseph Gunn will be giving a talk on 'Our Living Christian Heritage' starts at 7.30pm

THUR 17 NOV ST. COLUMBANUS COLLEGE are holding a CHRISTMAS INDOOR FAIR on Thursday November 17th from 6 - 9pm. Entry will be free and there will be lots of stalls, treats and gifts to get you in the mood for the festive season, along with music from our choir and traditional groups. All welcome to come along to support the college.

SAT 19 NOV - TOTUS TUUS SCRIPTURE CONFERENCE 2022 IS LIVE ON RADIO MARIA IRELAND FROM 2PM. Speakers include SR. CAITRIONA KAVANAGH OP, BRIAN O'DRISCOLL (PAVING THE WAY HOME), FR. JOHN MCCARTHY (CLOYNE DIOCESE) AND FR. TERENCE CROTTY OP. Radio Maria Ireland can be listened to by downloading the Radio Maria Ireland APP, Saorview Channel 210 or listen live at (01)4373277

Special Belfast Pilgrimage to Fatima at Easter 2023 ex Dublin, Departing Wednesday (Holy Week) 5th April 5 nights. Full Easter ceremony and tour of Lisbon. Optional tour to seaside on Easter Saturday. **JUNE 2023** Special Belfast Pilgrimage to Fatima 9-14th June 2023 Ex Dublin for Feast Day of Saint Anthony Patron Saint of Portugal visit Saint Anthonys birthplace and baptismal font in Lisbon contact James Treacy 0035361921470



WITH LOVE AND GRATITUDE IN CHRIST,
SR ANASTASIA AND THE SISTERS OF ST ELISABETH CONVENT



SEND
PRAYER
INTENTION



Dear Friend,

Our Convent's Online Christmas Market is now open, you will find wonderful Christmas items for all your friends, family members, and loved ones. You can follow the link below and order the gifts now so we can deliver them in time for the holiday.

All the Christmas products represented on our website are made by hand with prayer and love!

AID TO THE CHURCH

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

SUBSCRIBE TO THE MIRROR

"Syrians too poor to pay for surgery or operations"

DURING A RECENT VISIT TO ACN'S HEADQUARTERS IN GERMANY, ARCHBISHOP GEORGE MASRI OF THE MELKITE CATHOLIC CHURCH IN SYRIA DISCUSSED THE CHALLENGES OF COST OF LIVING AND HEALTHCARE THAT MANY SYRIANS FACE.

By Carlos Rosas-Jiménez



Home for elderly, St. Vincent de Paul Aleppo. (Credit: Aid to the Church in Need)
The war in Syria is currently on the backburner, but **the country continues to experience a serious economic crisis and sky-high inflation as a result of sanctions, international isolation, destruction of infrastructure, lack of government funds, the financial meltdown in Lebanon and generalised corruption.** This crisis has had a deep effect on the health system, with serious consequences for the health of the population.

Archbishop George Masri. (credit: Aid to the Church in Need)

"The elderly are especially affected, because of the rising price of medicines.

Many of them have to take several types of medication every day, for different ailments", explains **Archbishop Georges Masri, of the Melkite Church in Aleppo.**

The archbishop describes the health situation as dramatic, with the country having suffered through the Covid-19 pandemic, only to be struck by outbreaks of Cholera in 13 of its 14 provinces. Authorities have blamed these outbreaks on the consumption of non-potable water, as well as the use of contaminated water sources.

According to the Syrian Archbishop, however, the problem is bigger than the epidemics, since **the general health of the population is very low. Medical issues are now one of the main worries for Christian families who have remained in Syria. An increasing number of people die for lack of medication,** the impossibly high cost of surgery and the general destruction of hospitals and clinics. The fact that many **qualified doctors have chosen to leave the country,** and that many State-owned pharmaceutical companies have had to close, only makes things worse. "Another serious issue at the moment", says Archbishop Masri, "is the emigration of doctors to other countries. **We need the young people who are studying medicine to stay.**"

Many families have reached the point where they opt not to buy medication, or to have any surgery, because they don't believe they will be able to pay back their loans. **Faced with this situation, the Church refuses to sit back and do nothing.** It may not be able to compensate for the lack of doctors, but it has increased its pastoral care for the sick.

ACN has supported this effort through the construction of a pharmacy in Aleppo to aid in the distribution of medicines to the population. Although owned and operated by the Catholic Church, the pharmacy is open to the general public.

Another of Archbishop Masri's projects which ACN is funding is aimed at helping the elderly. Whereas in many countries the Church organises activities and camps for children, in this case, and thanks to the cooperation of a group of laypeople in the diocese, it is **the elderly with less financial resources who are given the opportunity to get out of the city** for a few days for some recreational time, based on the Scouts programme. At a site about six hours from Aleppo, participants go on hikes, play games and dance. **All this has contributed to improving their physical and spiritual health.** "This has been surprising for them. They return home full of energy. One of them told the priest who was with them that it was the first time in his life that he and his wife had left Aleppo together."

"We are deeply grateful to ACN benefactors. With your help we have been able to support the population despite this crisis. We pray for them all", the archbishop says.





What is RCIA?

RCIA (the Rite of Christian Initiation for Adults) is a process to introduce the teachings of Jesus Christ and the Catholic Church to individuals who wish to learn more about Catholicism, including the opportunity, if they wish, to become Catholic through the Sacraments of Initiation.

RCIA is a time of teaching, formation and conversion to come to know, love and develop a relationship with God, the Father, Son and Holy Spirit.

How do I sign up for RCIA?

The first step is to request a conversation with Fr Gunn PP T:028 9146 5522. We are facilitating one to one meetings on RCIA with the help of Sr Maura Gallahue in Bangor Parish.

When and where does RCIA meet together in the Diocese?

We meet Thursday nights from 6.30 - 8.00 pm at St Mary's Hall, Chapel Lane, Belfast BT1 1HH from October to May. The start date for the programme is Thursday 6th October 2022. For registration form: E: rcia@downandconnor.org

What is the format of the sessions?

The sessions begin with prayer, followed by teaching, question and answer and small group discussion and concludes with prayer.

What is the cost for attending RCIA?

There is a minimal cost to you to attend RCIA. Resources are provided by the diocese.

May I bring my spouse/fiancé to the sessions?

Yes, you may. We encourage your spouse/fiancé to attend the sessions with you.

If I have been baptized in another church, do I need to be baptised again?

In most cases, you do not need to be baptised again. The Catholic Church requires that you were baptised with water, in the name of the Father, Son and Holy Spirit. We will need a copy of your baptismal certificate or other proof of baptism from the church where you were baptised. Proof of baptism may include a letter from the church, a copy of the membership record indicating that you were baptised, etc.

I was told I need a sponsor who is a baptised and confirmed Catholic, and is in good standing in the Catholic Church. What if I don't know anyone who could do that?

Don't worry about it. We have people who volunteer to fulfil the sponsor role.

Do I have to attend every session?

Our desire is to have you attend all sessions. RCIA is certainly a place where you will learn about what the Catholic Church believes and teaches; however, it is much more than that. It is a process of getting to know Jesus Christ and growing together in community. RCIA is a process of conversion to a life with Christ. This process takes time and commitment on your part.

How many sessions can I miss?

RCIA is a building-block process and each session builds on the one before. However, we realise that there may be situations which would cause someone to be unable to attend. Therefore, absences are handled on a case-by-case basis. If you must miss a session, arrangements can be made to provide you with a copy of the notes from that session.

Can a Catholic attend to learn more about their faith?

Yes, we have had many people do this in the past and would love to have you join us to learn more about your Catholic faith!