

# 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.

## PARISH NEWSLETTER

### Second Sunday in Ordinary Time, Year A - 15 January 2023 -

#### Your prayers are requested for

##### Recently Deceased:

Ann Walsh (Abbington)

**Month's Mind:** Patricia Collins

##### Anniversaries:

Vincent O'Regan, Angela McKee, Conor Diver, Michael T McConville, James McDonagh, Thomas Dornan, Freddie Burns, James Keenan, Sandra Dunwood, Sheila & Harry Currie.

**Deacon James invites you** to a candlelit hour of adoration, quiet prayer and reflection with Taize chant. In St Comgall's Church, Brunswick Road, Bangor  
**Wednesday 25th January**  
from 7:30pm to 8:30pm

For more details on the different notices please go on to the parish website:  
[www.bangorparish.com](http://www.bangorparish.com)

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

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

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**Holy Hour** in St Comgall's Donaghadee - every 2<sup>nd</sup> Sunday in the month @ 2.45pm

[ST COMGALL'S CHURCH, DONAGHADEE](#)

Sunday 15<sup>th</sup> January 2023 @ 9.00am

[ST COMGALL'S CHURCH BRUNSWICK ROAD](#)

Sat Vigil 14<sup>th</sup> @ 6.30pm and

Sunday 15<sup>th</sup> @ 10am & 12noon

**MASS TIMES FOR:  
DAILY MASS NEXT WEEK - 16<sup>th</sup> to 20<sup>th</sup> January**

Morning Mass:  
Monday - Friday at 9.30am

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A number of Masses including funerals are recorded. These can be accessed by clicking on the link below:

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

**Solemn Adoration of the Blessed Sacrament** takes place every Monday. 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. Please let us know if you are interested in being part of the evening rota.

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

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

#### THANK YOU...

Canon's Whyte and Gunn wish to thank most sincerely all those parishioners who sent them Christmas, New Year cards and gifts sometimes anonymously. They are all deeply appreciated.

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

**The Society of St Vincent de Paul** offers practical and confidential help to those in need throughout the North Down Area. 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 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.

**Bethany Bereavement Support Group**  
we are here to support and listen.  
Confidential. New No.  
07732 513400

**FRIENDSHIP CLUB**  
reopens on Tuesday  
10<sup>th</sup> January 2023

**NOTICE FOR NEW AND EXISTING ALTAR SERVERS - BANGOR PARISH**, St Comgall's Church, Brunswick Road  
It is hoped to revive the custom of having Altar Servers at Mass. The parents of any interested boy or girl who is aged 8 or over and who has received their First Holy Communion are asked to leave the name and the contact details of a **parent/guardian** in the parish office in person before 1pm Monday to Friday or by email on [bangor@downandconnor.org](mailto:bangor@downandconnor.org)  
Details concerning training will be announced later.

**PARISH CENTRE – PARISH GROUPS 2023**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>
<b>BRIDGE CLUB</b> at 7.15 until 9.45pm  <b>YOUTH CLUB</b> 6.30pm – 8.30pm  <b>LECTIO DIVINA GROUP</b> 7.30pm – 8.30pm [St Dymphna’s Room]	<b>FRIENDSHIP CLUB</b> at 10.00am  <b>IRISH DANCING CLASSES</b> at 6.00pm  <b>SENIOR CHOIR</b> Starting 11 <sup>th</sup> October at 7.30pm	<b>MENCAP</b> Every fortnight at 6.00pm  <b>YOUTH CLUB</b> 6.30pm – 8.30pm  <b>BADMINTON</b> Every fortnight at 8.00pm	<b>St Comgall’s Guide Unit</b> (Girls aged 6-18) at 6.30pm  <b>IRISH CLASS &amp; CEILI DANCING</b> at 7.00pm

**BOOKING OF PARISH CENTRE:**

Contact Thomas on T: 07305 746 263 or Email: [mcmullanthomas481@gmail.com](mailto: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](mailto: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 Newsletter’

**ALPHA – 18 January at 8pm – 9.30pm**

At ST COLMCILLE'S PARISH, Ballyhackamore, 191 Upper Newtownards Road Belfast BT4 3JB starting on **Wednesday 18<sup>th</sup> January** from 8.00pm to 9.30pm! ALPHA consists of a series of VIDEOS and LIVE TALKS on the basics of Christianity . The talks are designed to create CONVERSATION in small groups. ENQUIRIES please email: [n.dunn@downandconnor.org](mailto:n.dunn@downandconnor.org) or ring /text to Noeleen 07879 498131.

**BEGINNING EXPERIENCE IS A PEER MINISTRY**

**January 21<sup>st</sup> 2023** (First of 3 weekends) to the bereaved, separated and divorced, based within the Family Ministry of the Diocese of Down and Connor. A programme of bereavement support in St Bride’s Hall, Derryvolgie Ave, Belfast. Booking essential. Contact Phil: [02890 207645](tel:02890207645) or Marie [07896119669](tel:07896119669) or email [belfastbe@yahoo.com](mailto:belfastbe@yahoo.com)

**PARISH LECTIO DIVINA**

This group meets on **Monday evenings**, 7.30pm to 8.30pm in the Parish Centre, St Dymphna’s Room. Come, let the living Word of God into your heart. All welcome, under 18’s to be accompanied. Lead by Derek.

**D & C LIVING CHURCH COMMITTEE - Faith Development Conference, Saturday 28<sup>th</sup> January**

It has been wonderful to see people gather in their parishes once again over the past year. As we continue to build on this the Living Church are hosting a Faith Development Conference for all our Parish Leaders and Clergy. It will be held in the **Crowne Plaza Hotel, Shaw’s Bridge, Belfast.** . For more information, or to book online, go to: [www.livingchurchevents.com](http://www.livingchurchevents.com). Or to request an application form, contact Claire at the Living Church Office, 02890690920 or [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org)

**DOWN and CONNOR DIOCESAN TRUST - VACANCY**

**‘PARISH SAFEGUARDING SUPPORT OFFICER’, SAFEGUARDING OFFICE**

An opportunity has arisen within the Diocesan Safeguarding Office, where we seek to recruit into the role of Parish Safeguarding Support Officer. This role will be based within the Safeguarding Office at 120 Cliftonville Road, Belfast and will work as part of the Diocesan Safeguarding Team, to ensure that the Diocesan Trust fulfils its statutory duties with regards to the Safeguarding of Children and Adults.

The post holder will work 21 hours over 3 days per week, where a blend of working within the Safeguarding Office and Parish on-site visits will be a requirement.

The Parish Safeguarding Support Officer will promote and encourage the highest safeguarding standards and will support our Parish Safeguarding Committees and Pastoral Communities to develop an understanding, so as to ensure compliance with the Diocesan Safeguarding policies and procedures. The post-holder will work to foster collaboration and constructive engagement with clergy, religious, employees and volunteers.

Salary: Will be considered within the range of £17,000 to £18,500 gross per annum commensurate upon experience.

Full details relating to the vacancy can be found on the Diocesan website at: <http://www.downandconnor.org> clicking on the tab: [job vacancies](#) and on the Community NI website, where terms and conditions relating to the role can also be accessed by way of a Role Profile and Employment Application form.

We welcome applications from anyone who feels they meet the criteria as presented and are interested in playing an active role within the Diocese of Down and Connor.

**Closing date for applications will be 12.00 noon on Thursday 26th January 2023**

***Down and Connor Diocesan Trust is an Equal Opportunities Employer***

This is a **5 Page Bulletin.**  
Full Copy Online....

**BAPTISM REGISTRATION**  
Please register online SIDE BAR under  
**‘Baptism Registration’**

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

## **DIOCESAN NOTICES:**

### ▪ **YOU ARE INVITED TO THE ALPHA PROGRAMME, 18 January 2023**

At ST COLMCILLE'S PARISH, Ballyhackamore, 191 Upper Newtownards Road Belfast BT4 3JB starting on **Wednesday 18<sup>th</sup> January** from 8.00pm to 9.30pm! ALPHA consists of a series of VIDEOS and LIVE TALKS on the basics of Christianity. The talks are designed to create CONVERSATION in small groups. One of the most important parts of any Alpha is the chance to share thoughts and ideas in SMALL GROUPS. There's no obligation to say anything and there's nothing you can't share (seriously). It's an opportunity to hear from others and contribute your own perspective in an honest, friendly and open environment. There is a MEAL together, at the beginning of each session, which gives an opportunity to get to know each other. It's totally FREE, it's run all over the globe, and everyone's welcome! To REGISTER YOUR INTEREST or make ENQUIRIES please email: [n.dunn@downandconnor.org](mailto:n.dunn@downandconnor.org) or ring /text to Noeleen 07879 498131.

### ▪ **D & C LIVING CHURCH COMMITTEE - Faith Development Conference, Saturday 28<sup>th</sup> January**

It has been wonderful to see people gather in their parishes once again over the past year. As we continue to build on this the Living Church are hosting a Faith Development Conference for all our Parish Leaders and Clergy. It will be held in the **Crowne Plaza Hotel, Shaw's Bridge, Belfast, on Saturday 28<sup>th</sup> January 2023**. This course will equip you with the skills and resources to lead faith development programmes in your parish, with your prayer group or organisation. Five excellent Programmes are being showcased and there will be an opportunity to meet with the developers and presenters of the programmes in taster sessions that they will run. Our keynote speaker will be Mr David Wells. David is an international speaker and author and has worked with Dioceses internationally encouraging and inspiring people to be leaders and sharing the Joy of the Gospel in their local parish communities. Each delegate will receive lunch and will take home resources to support the delivery of five programmes that can be delivered in the Parish. For more information, or to book online, go to: [www.livingchurchevents.com](http://www.livingchurchevents.com). Or to request an application form, contact Claire at the Living Church Office, 02890690920 or [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org). It would be wonderful to see you there!

### ▪ **BEGINNING EXPERIENCE IS A PEER MINISTRY**

to the bereaved, separated and divorced, based within the Family Ministry of the Diocese of Down and Connor. 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 (January 21<sup>st</sup>; February 18<sup>th</sup> and March 18<sup>th</sup> 2023)** Booking essential. Residential weekend in Drumalis, Larne, 10/12<sup>th</sup> March. To find out more, contact Phil: [02890 207645](tel:02890207645) or Marie [07896119669](tel:07896119669) or email [belfastbe@yahoo.com](mailto:belfastbe@yahoo.com)

## **OTHER NOTICES:**

### ▪ **NI CANCER PILGRIMAGE TO LOURDES, Sun 28 May to Fri 2 June 2023**

The price of £799 (with price reduction for Cancer Patients) will include: Return flights from Belfast International Airport, operated by Northern Star Travel Ltd. Full board and accommodation at the Hotel Agena in Lourdes for five nights based on twin/double/triple rooms. Service of JWT guides in Lourdes. The party will consist of patients, ex-patients, relatives and friends accompanied by medical, nursing and other staff. To enquire or to obtain a booking form please speak to a member of the committee on Tel. **07846 88388** or email [mail@nicancerpilgrimage.org.uk](mailto:mail@nicancerpilgrimage.org.uk)

### ▪ **COLUMBANUS ACROSS EUROPE**

Dear Friend of Columbanus Bangor, An Italian Columbanus friend sent me the link below which is a beautifully illustrated copy of a children's book written by Giovanni Caselli about the journeys of Columbanus across Europe through the eyes of a young trainee monk called Finbar. <https://rotharroutes.com/wp-content/uploads/2015/09/columbanus.pdf>

### ▪ **FOSTER CARE SERVICES AND SUPPORT**

'There are children in crisis today in our local communities – children of all ages and all abilities. Can you spare an hour a day, an overnight or a weekend or more to make a difference in a child's life? If you can, then contact the Regional Fostering Team at [www.adoptionandfosteringcare.hscni.net](http://www.adoptionandfosteringcare.hscni.net) or on 0800 0720 137....remember ,every child is just one caring adult away from success'.



## 2<sup>nd</sup> Sunday in Ordinary Time, Year A – 15<sup>th</sup> January 2023

**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](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 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 2023

**Friday 13 January**

Saint Hilary, Bishop & Doctor of the Church

**Sunday 15 January**

2<sup>nd</sup> Sunday in the Year A

**Monday 16 January**

Saint Fursa, Abbot and Missionary

**Tuesday 17 January**

Saint Antony, Abbot

**Friday 20 January**

Saint Fabian, Pope & Martyr Saint Sebastian, Martyr

**Saturday 21 January**

Saint Agnes, Virgin & Martyr

**Sunday 22 January**

3<sup>rd</sup> Sunday of the Year A

**Tuesday 24 January**

Saint Francis de Sales, Bishop & Doctor of the Church

**Wednesday 25 January**

The Conversion of Saint Paul, Apostle

**Thursday 26 January**

Saints Timothy and Titus, Bishops

### AID TO THE CHURCH

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

SUBSCRIBE TO THE MIRROR

Supporting Newlywed Christians in Syria

## MANY YOUNG CHRISTIAN COUPLES IN SYRIA, LIKE SIMON AND SANDY, ARE UNABLE TO AFFORD THE COST OF STARTING A NEW FAMILY. ACN IS WORKING WITH THE CHURCH IN SYRIA TO GIVE THE SUPPORT NEEDED BY CHRISTIAN NEWLYWEDS TO START FAMILIES.

By ACN Staff

Simon and Sandy at Mass. (Credit: Aid to the Church in Need)  
Marriage is the pillar on which the family and the whole of society is built on. **The Christian population in Syria has aged drastically.** Many young Syrian Christians have left the country, with young men leaving in particularly high numbers to avoid being conscripted into lengthy service with the Syrian army. Therefore, it is vital that the young Christians that stay can **raise the next generation of Syrian Christians.**

Young Christian couples in Syria who will be support by ACN. (Credit: Aid to the Church in Need)

There are a lot of barriers preventing Christian couples in Syria from getting married. The most significant barrier is simply the cost of starting a new family. Many couples spend years upon years engaged to each other as they cannot afford the costs of getting their apartment. This situation presents a crisis for the Church in Syria. **In Aleppo, for example, there were around 180,000 Christians before the war. Now, there are only somewhere between 22,000 and 27,000.** If young Christian couples are not able to marry, Christianity is under threat of dying out in places such as Aleppo.

Aleppo's various Christian rites and denominations set up a joint commission to discuss this problem. **It was decided that each newly married Christian couple in Aleppo, with the help of ACN, should be offered €1,000 to help them set up their apartment or what else they might need to start a family.** Based on the average number of marriages over the past few years, the initiative should help around **152 newlywed couples** in need this year.

One couple that was in this position were **Simon and Sandy.** Simon runs an internet shop, and Sandy is a pharmacist. They met during the war. Simon was on the verge of leaving Syria but, as he explained, stayed to be with Sandy:

Sandy:

*"When my family and I had to emigrate because of the war, the immigration regulations at the time meant that I couldn't take Sandy with me if I became a refugee. **I prefer to stay in a country with a dire situation and be happy with the love of my life, rather than being a refugee in a stable situation with financial security but be away from Sandy.**"*

Despite both Sandy and Simon having relatively good jobs, **the couple's income was still insufficient to pay for an apartment and fit what they needed to start a new family.** To the couples' delight, they were told that they would **receive support from ACN,** as Simon tells us:

Y=a  
young

Christian couple in Syria who will be support by ACN. (Credit: Aid to the Church in Need)

*"In the church we were told that ACN would be ready to support us as newlyweds. **We were able to install a machine to regulate the electricity** since the electricity in Syria isn't stable and it can come in high voltages and damage the electronic devices or even cause a fire. **I was also able to get an electronic device to improve my shop, and hence improve my income.** It's exactly like the miracle that Jesus did at the **wedding at Cana.** Like when they ran out of wine, Jesus met their need by turning the water into fine wine. I felt the similarity between our story and the miracle."*

**Simon and Sandy were able to get married and look forward to starting a family together.** Getting married has only strengthened the couple's faith, as Sandy explained:

*"**Since getting married, we built the habit to pray every morning and night and we attend Mass every Sunday.**"*

The couple is very grateful for the support offered to them by ACN's benefactors, as Simon expressed his thanks:

*"**It is amazing how people work hard to give happiness to strangers who are in need like us. Thank you for everything, may God bless you!**"*

