

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

SECOND SUNDAY OF EASTER, Year A – 16th April 2023

Your prayers are requested for

Recently Deceased

Patrick O'Halloran

Seamus Harvey

Eilish McMullan

Mary Bernadette Halton

Anniversaries:

Pearl Connor, Francis McAdam,

Teresa McWilliams,

Angela McQuaid, Dimpha Lennon,

Agnes Magee, Felix Magee

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 16th April 2023 @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday 15th April @ 6.30pm and

Sunday 9th April @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK – 17th – 21st April

Monday Funeral Mass Donaghadee 10am

Morning Mass: Tuesday to Friday 9.30am

CELEBRATION OF DIVINE MERCY

A celebration of Divine Mercy will take place in St Comgalls Church Donaghadee, on Sunday April 16th, starting at 2.45 pm. The theme is addiction, and prayer will be offered for those affected by this terrible burden. Please join us.

BAPTISM REGISTRATION

Please register online SIDE BAR under 'Baptism Registration'

Knock pilgrimage 23rd April 2023

Eucharistic Adoration

Calling ALL ADORERS of the Blessed Sacrament in the Diocese of Down and Connor: National Eucharistic Adoration Pilgrimage to Knock on **Sunday 23rd April** (2nd wk after Easter).

Transport: to find out if buses are going from your area, visit <https://eucharisticadoration.ie/buses-for-knock-in-june/>
Or why not organise your own bus

RECOMMITMENT AT CLONARD - Sunday 16th April 3-4pm in Clonard Monastery.

Join us as we acknowledge the courage of those who helped create a moment of hope 25 years ago, and take this opportunity to rededicate ourselves today to a just and lasting peace. The Recommitment at Clonard is the centrepiece of a series of events (from Friday 14th - Sunday 16th April) Corrymeela are hosting to mark the anniversary of the Belfast/ Good Friday Agreement. For further information and to book your free tickets visit corrymeela.org.

LEGION OF MARY MORNING STAR VOLUNTEERS SOUGHT

Catholic men and women wanted to join The Legion of Mary, to help with the mission of the Legion to care for the spiritual and temporal needs of vulnerable and homeless men living in Morning Star House. For more information please call 07596128437 after 5pm any day.

Down & Connor Diocesan Pilgrimage to Lourdes 2023:

11/12 – 17th July. 6 nights in hotel from £829, 5 nights in hotel from £769. 5 night in Accueil Notre-Dame for pilgrims requiring nursing and/or personal care £719.

For more information or to request a booking form, contact the Pilgrimage Office (028) 9077 0162 or email lourdes@downandconnor.org visit: www.downandconnor.org/lourdes

PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
BRIDGE CLUB at 7.15 until 9.45pm YOUTH CLUB 6.30pm – 8.30pm LECTIO DIVINA GROUP 7.30pm – 8.30pm [St Dymphna's Room]	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 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

ACCORD NI is seeking applications for the Certificate in Counselling (Couple and Relationship) 1 year (part-time) programme. The Certificate in Counselling is validated by St Patricks College, Maynooth and is equivalent to Level 6 UK and Level 8 20 ECTS on the National Framework of Qualifications (NFQ) (RoI). The Certificate course is an opportunity for qualified and experienced counsellors and psychotherapists to train in the specialism of couples counselling. Successful applicants will follow a 16-day Certificate programme which will provide: the clinical skills essential to couples work; in-depth knowledge relating to the handling of Infidelity, Trauma, Addiction, Neurodiversity, Physical & Mental Illness & Disability, Sex and Intimacy, Step-Family Dynamics, Diversity, Parenting Issues, the Impacts of Family of Origin, and Domestic Abuse in the couple context; self-awareness exercises specific to the needs of the couple and relationship counsellor. Course fees will be funded and placement will be provided by Accord NI. Closing date 19th May 2023

GETTING THE PAST OUT OF THE PRESENT – WORKSHOP DAY. SAT 29th APRIL

The day will be led by Fr Jim Cogley, Parish Priest and Psychotherapist from the Diocese of Ferns and will be supported by Fr Peter Carlin PP St Matthew's. Spaces are limited to 30 participants. The day will take place in 120 Cliftonville Road on Saturday 29th April from 10am – 4pm. **BOOKING ESSENTIAL** - e-mail livingchurch@downandconnor.org or call 028 90690920

ONE VACANCY - PARISH CENTRE CLEANER, BANGOR PARISH

We are seeking to recruit 1 Parish Centre Cleaner within Bangor Parish, (St Comgall's Parish Centre, Brunswick Road, Bangor). The post holders will be required to provide an efficient and comprehensive cleaning service to the Parish to ensure the Parish Centre is clean, tidy and in an orderly condition at all times. The terms of each role are based on a permanent appointment requiring 8 hours attendance each week, work pattern to be agreed. Ability to work flexible hours is required from the post holders from time to time. Rate of Pay - £9.50 gross per hour.

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. Application packs can also be obtained from the Bangor Parish Office. We welcome applications from anyone who feels they meet the criteria and are interested in playing an active part in the Parish. *Down and Connor Diocesan Trust is an Equal Opportunities Employer*

NURSES WILL YOU LEND US A HAND?

The Down & Connor Diocesan Pilgrimage to Lourdes is seeking volunteer registered nurses for our pilgrimage from 12-17th July 2023. Working with other volunteer doctors and nurses in a specially designed care setting! For more information, please email your contact details to lourdes@downandconnor.org

ST VINCENT DE PAUL HELPLINES

Bangor Conference 07703679384

(covering Bangor West, Clandeboye/Newtownards Road area, Kilcooley, Helens Bay and Crawfordsburn) will continue to use the existing number -.

Ballyholme/Donaghadee Conference 07703679389. (covering Bangor city centre, Bangor East/Ballyholme, Balloo/Bloomfield Road area, Conlig/Breezmount, Groomsport, Donaghadee and Millisle)

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

DIOCESAN NOTICES:

GETTING THE PAST OUT OF THE PRESENT – WORKSHOP DAY. SAT 29th APRIL

Many of us can struggle with forgiveness, letting go of the past so that we can best live out our lives. We invite you to join us for a day of creative prayer and reflection to explore how we can bring healing to our lives through the practice of forgiveness. The day will be led by Fr Jim Cogley, Parish Priest and Psychotherapist from the Diocese of Ferns and will be supported by Fr Peter Carlin PP St Matthew's. Spaces are limited to 30 participants. The day will take place in 120 Cliftonville Road on Saturday 29th April from 10am – 4pm. **BOOKING ESSENTIAL** - e-mail livingchurch@downandconnor.org or call 028 90690920

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

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

▪ **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://rotharoutes.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 or on 0800 0720 137....remember ,every child is just one caring adult away from success'.

DROMANTINE RETREAT AND CONFERENCE CENTRE

LENTEN REFLECTION DAY

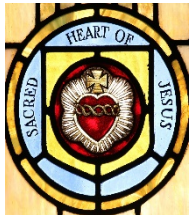
Saturday 4th March 9.30am – 5.00pm

'**DIFFICULT PEOPLE**' *How to bring out the best of people at their worst.* Saturday, 11 March (9.30am - 4.30pm) £40 Please contact Jacinta or Louisa to reserve your place: TEL: 028 (048 from ROI) 3082 1964 EMAIL: admin@dromantineconference.com

Kindfulness... a gifted way of living my life. An opportunity for time aside to reflect on the Season of Lent and to open our minds and hearts afresh to celebrate Holy Week and Easter. **Led by Fr. Damian Bresnahan SMA** Cost (including lunch) £35/€40

DANCE OF LIFE RETREAT

Friday 17th March (5.00pm) – Sunday 19th (2.00pm) In this retreat the opportunity to dance may bring a renewed awareness in your sense of self, connection with others and connection with God. **Led by Sr. Mary Taylor OLA and Fr. Damian Bresnahan SMA** Cost £220/€250



8th Sunday in Ordinary Time, Year A – 26th February 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 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

FEBRUARY/MARCH 2023

Sunday 26 February

1st SUNDAY OF LENT

Sunday 5 March

2nd SUNDAY OF LENT

Tuesday 7 March

Saints Perpetua & Felicity, Martyrs

Wednesday 8 March

Saint John of God, Religious & Saint Senan, Bishop

Thursday 9 March

Saint Frances of Rome

Saturday 10 March

Saint Aengus, Bishop & Abbot

Sunday 11 March

3rd SUNDAY OF LENT

Monday 12 March

The Anniversary of the election of Pope Francis

Friday 18 March

Saint Patrick, Principal Patron of Ireland

Saturday 19 March

Saint Cyril of Jerusalem, Bishop & Doctor