

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

4th SUNDAY IN ADVENT – 18 December 2022 –

Your prayers are requested for

Anniversaries:

Orla O'Reilly, Joan Larkin, Nora Somerville,
Phyllis Harvey, Phil Jones, Margo
Saunders, Kathleen & Patrick McDonagh,
Mary Troupe, Eugene Coulter, Jose &
Leticia Benas, Ann Spruce, Jack
McCloskey, Charlotte McAlorum,
Desmond Hanna, John McPadden, Maud &
Archie McKillop, Desmond McGlinchey,
Eileen Young, Brian Duffin, George & Jean
Duffin, Bridget Donaghy.

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 18th December @ 9.00am

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

Saturday vigil 17th December @ 6.30pm

Sunday 18th December @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK – 19th to 23rd December

Morning Mass: Monday-Tuesday, Thursday-Friday at 9.30am

REQUIEM MASS: WEDNESDAY 21ST DEC AT 10AM – ANNE BRAZIL

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**.

PENITENTIAL SERVICES – North Down & Ards Pastoral Area

BANGOR – Monday 19th December at 7pm

BALLYGALGET & PORTAFERRY –

Tuesday 20th December at 6pm & 7pm

NEWTOWNARDS – Thursday 22nd December at 7pm

TUE 20 DEC at 1pm St Comgall's Primary School
CAROL SERVICE in St Comgall's Church, Brunswick Rd. All
family members invited to join with the children.

TUE 20 DEC at 7pm St Columbanus' College
CAROL SERVICE in St Comgall's Church, Brunswick Road. Come
and enjoy traditional carols, reading and music from our College
Choir and Traditional Group. Refreshments to follow afterwards in
the Parish Centre. All welcome.

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

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

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

This is a 7 Page Bulletin so please scroll down!

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

DOWN AND CONNOR, LIVING CHURCH COMMITTEE

Praying at the Crib Click on link: [Category: Prayer At
The Crib - Northern Pastoral Network](#)

In partnership with the Northern Pastoral Network (NPN)
we have developed a series of materials for praying at
the crib.

12 Days of Christmas Reflection booklet

Click on link: [NPN - 12 Days of Christmas 2022
\(northernpastoral.network\)](#)

In partnership with the NPN we have a booklet that
includes reflections and prayers for the 12 days of
Christmas. Booklet & Prayer Card are online under
'News' page of the parish website.

**St Vincent
de Paul
Helpline**

077 0367 9384

**Bethany
Bereavement
Support Group**

we are here to
support and listen.
Confidential. New No.
07732 513400

BAPTISM REGISTRATION

Please register online SIDE BAR under
'Sacramental Preparation'

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 Newsletter'

D&C LIVING CHURCH COMMITTEE

Join us in the beautiful, picturesque surroundings of **Tobar Mhuire Monastery, Crossgar** for Unlocking the Mystery of the Bible (Jeff Cavin). The Bible is at the heart of our faith and our relationship with God. Reading the Bible should bring us closer to Christ, but many people find it hard to even begin. Why not begin with the Living Church office?

Unlocking the Mystery of the Bible includes 8 sessions (6 weekly sessions and concluding with a retreat day which will incorporate the final 2 sessions.) The programme will be facilitated by Fr Paul Byrne and Aishling Steen from the Living Church office. Course participants will receive a resource pack and gather together for a time of teaching, discussion and prayerful reflection.

VENUE: Tobar Mhuire Retreat and Conference Centre, Crossgar, Co. Down. Beginning **Tuesday 10th January** @7pm for 6 weeks
Retreat Day 25th February 10am-4:00 pm Cost £30

To register your place please contact livingchurch@downandconnor.org or Tele: 02890690920

Booking early is advised as places are limited

JOIN THE PARISH FOLK GROUP

St Comgall's Parish Folk Group is looking for new members! The folk group provide music at Saturday night vigil mass and will be playing at 7pm Christmas Eve Mass this year. We would **love** to see some new **musicians and singers** joining us.

Minimum age is 8 years old. If interested, please contact Colleen on: 07538784565.

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.

CHRISTMAS MASS TIMES 2022

in St Comgall's Church, Donaghadee

CHRISTMAS DAY SUNDAY 25TH DECEMBER at 9AM



in St Comgall's Church, Brunswick Rd

**CHRISTMAS EVE – SATURDAY 24TH DECEMBER
5PM, 7PM, 9PM**

**CHRISTMAS DAY – SUNDAY 25TH DECEMBER
9AM, 11AM**

SAINT STEPHEN'S DAY – MONDAY 26TH DECEMBER at 1PM

PREPARE FOR ADVENT!

'Emmanuel, God is with us.'

Venue: St Comgall's Church, Brunswick Rd

Time: 7pm to 8pm **When:** Thursdays over 3 weeks: Dec 8th after Mass, and 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]*



Join our **Big Family Christmas** and help feed hungry children with Mary's Meals. For just £15.90 you can set a place for yourself or a loved one at our virtual Christmas dinner table. Your name will appear online and you'll receive a beautiful PDF placemat to pass on as a gift.

And, with **Double The Love**, donations to Mary's Meals until 31 January 2023 are being matched by a group of generous supporters – up to £1.5 million. This means each place set will feed two children with life-changing school meals for a whole year!

if you would like to speak to someone please call 0800 698 1212.

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**.

SVP Christmas cards will be available, at the back of the Church, from this weekend for the payment of a voluntary donation. The cards are also available now at the Mace Shop (Thomas's) Brunswick Road, again for a voluntary donation.

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.

Items For Christmas Hampers

Tinned Meat (eg Ham, Corned Beef), Tinned Meat Meals for use with Potatoes (eg Chunky Chicken, Stewed Steak, Mince and Onion), Tinned Custard, Cranberry Sauce, Gravy Granules, Christmas Puddings, Mince Pies, Selection Boxes Tins or boxes of sweets, Boxes of Shortbread and biscuits, Bottles of Shloer, Small gifts for men and women.

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.

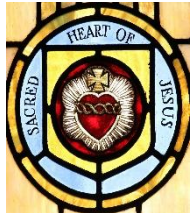
When: 1st Wednesday of every month

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.





4th SUNDAY OF ADVENT – 18 December 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 & CHRISTMAS PARISH ACTIVITIES

SUNDAY 18TH DECEMBER

4th SUNDAY OF ADVENT

MONDAY 19TH DECEMBER

7pm - Penitential Service – Bangor Parish, St Comgall's Brunswick Road Only

TUESDAY 20TH DECEMBER

1pm – **Carol Service** – St Comgall's Primary School
St Comgall's Church, Brunswick Road
7pm – **Carol Service** – St Columbanus' College
St Comgall's Church, Brunswick Road

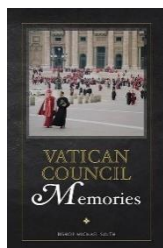
SATURDAY 24TH DECEMBER

CHRISTMAS EVE Vigil Mass – 5pm, 7pm, 9pm
(Brunswick Rd)

Vatican Council Memories
by Bishop Michael Smith

Binding: Perfect bound (Paperback)
Size: 215 mm x 138 mm
Pages: 208 pp
Publisher: Veritas Publications

€19.99 | £17.50



SUNDAY 25TH DECEMBER

CHRISTMAS DAY Mass – 9am, 11am (Brunswick Rd)
CHRISTMAS DAY Mass – 9am (Donaghadee)

MONDAY 26TH DECEMBER

St Stephen's Day – 1pm (Brunswick Road)
Saint Stephen, The First Martyr

TUESDAY 27TH DECEMBER

Saint John, Apostle & Evangelist

WEDNESDAY 28TH DECEMBER

The Holy Innocents, Martyrs

THURSDAY 29TH DECEMBER

Saint Thomas à Becket, Bishop & Martyr

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.



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

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

The Loyola Institute, School of Religion, Theology, and Peace Studies - TRINITY COLLEGE DUBLIN Taught postgraduate degrees in Christian Theology in the Catholic tradition, at Masters, Diploma and Certificate level are available. Evening lectures (usually on Monday and Thursdays) allow for other commitments, and the Masters degree can be completed on a full time (one year) or part time (two year) basis. Assessment is by written assignment, not by examination. A range of Scholarships are available. For further information please see our website: www.tcd.ie/loyola-institute Or contact Helen McMahon email: Loyola@tcd.ie or Phone : 01 896 4790

A great opportunity to begin the New Year! Unlocking the Mystery of the Bible. The Bible is at the heart of our faith and our relationship with God. Reading the Bible should bring us closer to Christ, but many people find it hard to even begin. Why not begin with the Living Church office to learn how to read the bible, understand it and so experience its life changing power. Unlocking the Mystery of the Bible includes **8 sessions** (6 weekly online sessions and concluding with a retreat day in Belfast which will incorporate the final 2 sessions.) The programme will be facilitated by Fr Paul Byrne & Aishling Steen. Course participants will receive a resource pack and gather together online each week for a time of teaching, discussion and prayerful reflection. Beginning **Monday 9th January @7pm for 6 weeks online via zoom**. The Retreat Day will take place on **Saturday 18th February**. The cost of the program is £30. For further information or to book your place please contact livingchurch@downandconnor.org or Tele: 02890690920



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

**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

Feeding the Hungry in Lebanon

LEBANON'S ECONOMIC CRISIS HAS LEFT SOME OF THE POOREST FAMILIES IN BEIRUT WITHOUT FOOD, CLOTHES, MEDICINE AND ELECTRICITY. THE SISTERS OF THE SACRED HEART OF JESUS, WITH THE SUPPORT OF ACN, HAVE OPENED A DISPENSARY TO HELP FAMILIES IN NEED. By ACN Staff

Roua, a 30-year-old novice of the Jesus, visiting a poor family in Sánchez / ACN)

The **Sisters of the Sacred** in the Maronite parish of St. parish is close to the **Christian neighbourhood** (predominately capital's outskirts. **This suburb is of Beirut's residents and came to the capital city to try**



Sisters of the Sacred Heart of Beirut. (Credit: Ismael Martínez)

Heart of Jesus have been based Joseph, Beirut, since 1989. The **Bourj Hammoud** Armenian) in the Lebanese home to some of the poorest people from villages who to find a better life.

The Sisters of the Sacred Heart of Jesus visiting a poor family in Burj Hammoud. (Credit: Ismael Martínez Sánchez / ACN)

Lebanon's economic crisis has been difficult for most of the country's population, but for the residents of Bourj Hammoud, it has tipped things over the edge.

The Sisters of the Sacred Heart of Jesus have a specialised focus on educational, pastoral and social support as part of their mission. **As Sr. Juliette Warcha explains, "Our mission is to know how to listen to people."** The sisters jump to action to help anyone who asks for help, day or night. As Sr. Juliette said:

"Every day, every day, every minute, people are knocking on our doors. Really, they need medicine, really ... of ... whatever. Whatever it is."

Previously the sisters often directed those seeking help to other specialised organisations in one particular field or other. Now, however, these other organisations have become swamped. **The sisters must respond directly to all these requests for help.** Sr. Juliette told us the various problems people come to the sisters with:

*"They need someone who will do their shopping, for example for those who **can't afford to go and buy the vegetables.** They have difficulty paying for their housing. **They can't afford to pay their electricity.** They have been forced to sell the fridge, to **sell some of the furniture from their apartment to be able to buy medicines for themselves.**"*



To help those in need, the Sisters of the Sacred Heart of Jesus and religious from other congregations have **opened a "clinic"** to help those in need. **The sisters also operate a dispensary out of the clinic and deliver food, clothes, medicine, milk, and nappies for babies to needy families.** Sr. Juliette and the other sisters are motivated by the love of God and the wish to spread the Gospel:

*"Sometimes you're tempted to meet their material needs. But we must help them to have recourse to Christ. **I need to see Christ in them...** They no longer have the will to live, they want to die. **My role is to have loved life in order to be able to give it to others.**"*

ACN is supporting the clinic operated by the sisters to reach some of the most vulnerable in Bourj Hammoud and Nabaa. The sisters will continue to combine their pastoral work with humanitarian assistance in helping families with rent, cooking gas, medicine, food, milk, clothes and more.



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!