

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

Fourth Sunday of Lent, Year A – 19th March 2023

Your prayers are requested for

Recently Deceased

Nuala Martin

Anniversaries:

Bernard Brady, Winifred O'Neill,
Patrick McGrogan, Minnie Doherty,
Matt and Josie Kelly,
Jimmy and Ann Breslin,
Celia Matthews.

CONFIRMATION

will be held in St Comgall's Church
Bangor on Wednesday 29 March at
1pm for the pupils from St Annes PS
and St Malachy's PS;
and on Thursday 30 March at 1pm for
the pupils from St Comgall's PS.

TROCAIRE – EARTHQUAKE

A very big thank you to all the
parishioners who supported the
Coffee Morning.
It raised a magnificent sum of
£2,300.

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 19th March 2023 @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Sat Vigil 18th March @ 6.30pm and
Sunday 19th March @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK – 20th - 24th March

Morning Mass: Monday to Thursday at 9.30am

PENITENTIAL SERVICES FOR EASTER

St Comgall's Church – Mon 3 April 7pm;
Ballygalget – Tues 4th April 6pm;
Portaferry – Tues 4th 7pm;
Newtownards – Wed 5th April 7pm.

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

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BAPTISM REGISTRATION

Please register online SIDE BAR under '**Baptism Registration**'

St Joseph's Young Priests Society

The second collection next weekend is the annual collection for the support of the society. Envelopes are available at the rear of the Church, along with information leaflets on the work of the Society. There are "Expressions of interest" forms in each envelope. Anyone who would be interested in joining the Society should complete the form with their name and telephone number and place it in the envelope. Place the envelope in the basket, and a member of the Society will contact you. Thank you for your support.

PARISH ENVELOPES

The envelopes for **all the parish** will be available for collection this weekend from the porch in St Comgall's Church, Brunswick Road, Bangor.

Finally, we have the parish email address working again.

All correspondence to email:
bangor@downandconnor.org

St Colmcille's Church, Holywood – Series of Talks.

The last talk in our monthly series will be given by Deacon James McAllister on Wednesday 22nd March at 7pm. He will tell us about his faith journey and the Ministry of the Diaconate.

Deacon James invites you to another candlelit hour of Lenten adoration, quiet prayer and reflection with Taize Chant in Comber, Our Lady of the Visitation Church, on **Monday 27th March at 7:30pm**. A cuppa will be provided in the church hall following the service.

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

POETRY AND PRAYERS – A MONASTIC TRAIL AROUND LOUGH NEAGH

We are pleased to announce that we have two tours available for public booking for this new spiritual tour, led by Jim Deeds and Christine Doherty on **March 25th 2023**. Cost per person is £80, inclusive of coach transfer to and between 3 Monastic sites, tea/coffee at the Lock Keeper’s Cottage in Toomebridge, evening meal in Benburb Priory, historic information and spiritual guidance. **Coach pickup is at Castle Mall car park, Antrim at 10am, returning by 6pm on Saturday March 25th 2023**. Email poetryandprayers@hotmail.com to book a place, specifying how many people you would like to book for and which date/s you would like to go on.

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

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:

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

DROMANTINE RETREAT AND CONFERENCE CENTRE

LENTEN REFLECTION DAY

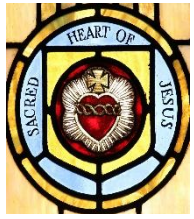
Saturday 4th March 9.30am – 5.00pm

'**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