

# 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.



## Corpus Christi Sunday – 19 June 2022 – The Most Holy Body & Blood of Jesus Christ



### Your prayers are requested for

#### Recently Deceased: Norman Kenny Anniversaries:

David & Sarah Carlin, David Patrick Carlin,  
John Simpson, Pat Devine, John Caldwell,  
Stephen McKearney Snr, Edward McDaniel,  
John McVeigh, Michael O'Shea, Paul  
Robinson, Sammy Dorrian, Margaret  
Ormsley, Sarah Ormsley, Frank Quinn,  
James Devine, Simon Barbier, Leon  
Barbier, John & David McCausland, Samuel  
& Mary McCluskey, Sheila Ringland.

### KNOCK ANNUAL PILGRIMAGE 2022 Apostolate of Eucharistic Adoration

#### Calling ALL ADORERS of the Blessed Sacrament in DOWN & CONNOR

National Eucharistic Adoration Pilgrimage to  
Knock on Saturday 18<sup>th</sup> June (Corpus Christi  
weekend) leaving Belfast City Centre: Jury's  
Hotel at 6.15 am. Cost £22, bring a packed  
lunch. **Contact** Harriet 07812098991 or  
Maureen 07745093530 to inquire or book a  
seat. For more information click on the link  
below. [www.eucharisticadoration.ie](http://www.eucharisticadoration.ie)

*Copy of the poster on the Parish Website  
under 'News'*

### BAPTISM REGISTRATION

Please register online SIDE BAR under  
'Sacramental Preparation'



### BANGOR PARISH PODCAST

You can listen to the Parish Podcasts  
STATIONS OF THE CROSS 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.*

### Bethany Bereavement Support Group

we are here to support and listen.  
Confidential. **075 1085 2157**

### St Vincent de Paul Helpline

**077 0367 9384**

### SUNDAY MASS TIMES THIS WEEKEND

#### ST COMGALL'S CHURCH, DONAGHADEE

Sunday 19<sup>th</sup> June @ 9.00am

#### ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 18<sup>th</sup> June @ 6.30pm

Sunday 19<sup>th</sup> June @ 10am & 12noon

*Please note that the Covid sanitising regulations have not changed and will  
continue to be strictly observed.*

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### DAILY MASS NEXT WEEK – 20<sup>th</sup> – 24<sup>th</sup> June

Morning Mass: Monday to Friday at 9.30am

\*\*\*\*\*

Funeral Service – Norman Kenny, Monday 20<sup>th</sup> June at 1.00pm

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** has resumed on  
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.

### Ards CCE

#### Trad Music Summer Workshops

1st /2nd July St Comgalls Primary School  
Bangor for all abilities and beginners welcome,  
for ages 6-17 years.  
More info Niall Mc Clean  
07960072218

### PRAYING WITH THE ICONS

*under **The Four Saints** found in  
'Parish Today'*

**This is a 8 Page Bulletin  
so please scroll down!**

Full Copy Of The Sunday Missalette Can Be Found On The Parish Website Under "News"

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

### Wed 1 June until Mon 15 August

(Sat 13th Aug is final day to begin the Pilgrimage). Lough Derg Three Day Pilgrimage. All booking info, [www.loughderg.org](http://www.loughderg.org), e: [info@loughderg.org](mailto:info@loughderg.org) or t: (0353) 71 9861518.

### Wed 15 – Thurs 23 June

CLONARD NOVENA. In Honour of Our Mother of Perpetual Help. For more information: [www.clonard.com](http://www.clonard.com)

### Wednesdays 22 & 29 June

"The Morning Star Shines On Us" - *Four Reflective Wednesday afternoon sessions with Sr Magdalen Lawler SND hosted by Drumalis via Zoom in June (from 2 pm – 3:30 pm)*

### Friday 24 – Saturday 25 June

Living Church 'Come Away and Rest Awhile' Cara Retreat  
Drumalis Retreat Centre

### Saturday 25 June

BEGINNING EXPERIENCE is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast. Contact: 02890 207645 or Marie 07896119669

### Saturday 2 July

All-Ireland Rally for Life takes place in Dublin on Make a stand to protect Ireland's unborn babies. Coaches travelling from towns across Northern Ireland. Book your seat today. Contact 02890278484/ 07592280522.

### TRIP TO ITALY

Newtownards and Comber Parish Pilgrimage to Rome, Assisi and Loreto, September 12-19 2022. **Less than ten places** on this beautiful trip remaining to be filled. Please contact Kieran or Laura on **00353 57 9355050 (mornings only)**, or email: [info@myriam.ie](mailto:info@myriam.ie)

### Pilgrimage to Fatima – 2022, Down and Connor Diocese 8 - 15 SEPTEMBER 2022 |

For Bookings contact: Joe Catney 028 9071 4001 / 07776 425631 or Fr G McCloskey PP 028 4484 1208

### Diocesan Pilgrimage to Lourdes 2022: Wed 13 – Monday 18 July

Full board in hotel: 5 nights (13-18 July) For further info contact the Pilgrimage Office on (028) 9077 0162 email: [lourdes@downandconnor.org](mailto:lourdes@downandconnor.org) [www.downandconnor.org/Lourdes](http://www.downandconnor.org/Lourdes)

**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](http://www.knockshrine.ie)

### Dromantine Retreat and Conference Centre

TEL: 028 3082 1964 E:

[admin@dromantineconference.com](mailto:admin@dromantineconference.com)

**Friday, 19 August** (5pm) - Sunday, 21 August (2pm) - THE LONG GOODBYE *Practical advice for caregivers of people living with dementia*

**Saturday, 24 September** (9.30am - 4.30pm) WHEN IT IS DARKEST *Understanding suicide*

**Friday, 4 November** (5pm) - Sunday, 6 November (2pm) CHURCH ABUSE: A UNIQUE BETRAYAL - *A call to listen, a call to action, a call to change.*

### A Journey Of Faith, Hope And Joy With St Patrick....

Poor Clares Sr Martina Purdy and Sr Elaine Kelly will lead you on an amazing five day pilgrimage that includes guided walks to sites associated with St Patrick in County Down. Downpatrick 02844 619000 Please see link below for more details.

[Saint Patrick Centre – Welcome to the Home of Saint Patrick](#)

## PARISH NOTICES

### Unused Bicycles For Charity

The Rotary Club of North Down supports a Belfast charity, Bike Aid Africa. Contact: Greg McCourt – 07774672445

**Ards CCE** - Trad Music Summer Workshops. 1st /2nd July St Comgalls Primary School Bangor for all abilities and beginners welcome, for ages 6-17 years. More info: Niall Mc Clean 07960072218

**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.**

**Saturdays at 8.30pm** – Prayerful Reflections during Live Eucharistic Adoration. Meditations on the Catholic Internet TV – Shalom World.org Just click on the following link to access this time of prayer. [www.swprayer.org](http://www.swprayer.org) Please be assured that I will be including all the parishioners and their families during these live intercessory prayers.

**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.

### A Prayer by Telephone

The Sisters of Mercy "Bethany" 34 Point Road, Dundalk Welcome any person who may wish to request prayer, especially during these difficult times. All requests are confidential. **Tel:(00353) 4 29331602 9am – 9pm Daily** - One of the sisters will be happy to Listen and Pray with you

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

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

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

At **Parenting NI**, it is our belief that to provide effective support to their children dads themselves need to be supported, involved, and prepared. Please find attached the Dad's project Spring newsletter for you to browse through with a very simple messages on celebrating fatherhood and details of a 12k Dads walk planned to take place in **Derry/Londonderry & Belfast on Saturday, 18<sup>th</sup> June at 10am** in both locations. As we approach Men's health week starting on Monday, 13th June and Father's Day on Sunday, 19<sup>th</sup> June it is important to promote the value of fathers' and men's health. Cahir Murray <[cahir@parentingni.org](mailto:cahir@parentingni.org)>

**LIVING CHURCH: "Come Away and Rest Awhile" CARA RETREAT** Are you a parent of a young person with a disability? Would you like to take some time out to pray, reflect and meet other parents? If the answer is yes we would love you to join us for a parents retreat at: Drumalis Retreat Centre beginning **Friday 24<sup>th</sup> June**, 6pm until Saturday 25<sup>th</sup> June, 4pm For information or to register your interest contact: Louise McQuillan Tel: 07922437679 Email: [l.mcquillan@downandconnor.org](mailto:l.mcquillan@downandconnor.org)

### **UNUSED BICYCLES FOR CHARITY**

**The Rotary Club of North Down** supports a Belfast charity, Bike Aid Africa, which collects second hand bicycles of all sizes, repairs and refurbishes them and then forwards them to a country in Africa for use by people of all ages as their only means of transport, e.g. to get to work or go to school. At the end of June, it will be sending a container of bicycles to Madagascar. If anyone has a bicycle no longer in use, please phone Greg McCourt on 07774672445 who will be pleased to collect it and delivery it to this worthy charity.

### **EUCCHARISTIC PROCESSION IN BELFAST, JUNE 19TH**

**Unfortunately, the Corpus Christi procession from St. Mary's Parish to St. Peters Cathedral Belfast, planned Sunday 19th June, has had to be cancelled due to unforeseen circumstances.** The organisers apologise for any inconvenience caused. It is hoped to plan a similar event in the near future. In the meantime let us pray for the Faith to return to Ireland.

### **Dear Friend of Columbanus Bangor,**

Just a note to remind you that Ards CCE has planned a wonderful programme for the Columbanus Folk Festival which will take place in **Bangor 12 - 19 June**.

As part of the programme, FoCB Events Committee is organising two events:

**Columbanus Boat Trips** on Sunday 12 and Sunday 19 June - £20 pp  
Song, music and storytelling aboard a boat on Bangor Bay

**Columban Way Walk** on Friday 17 June - £6 pp.

The 6 km walk will start in Comber Square at 9.30am, move on to Scrabo Tower where light refreshments will be served and onward to Movilla Abbey in Newtownards. Along the way, expert guides will inform you about Columbanus and Finnian. A bus will transport you back to Comber to pick up your car. (See attached photograph. Thanks to FoCB member David Irwin of Compass Coach for promoting us on his bus!)

For further information on both events and to book online, please visit: <https://ardscce.co.uk/>

**Knock Shrine** - Daily Masses continue to be broadcast on the Knock Shrine website and Facebook page at 12 Noon and 7.30pm, with Rosary at 7pm. Sunday Mass is broadcast at 12 noon, Rosary at 2.30pm and Mass at 3pm. For further details, please see [www.knockshrine.ie](http://www.knockshrine.ie)



**CLONARD NOVENA** In Honour of Our Mother of Perpetual Help.

**15<sup>th</sup> – 23<sup>rd</sup> June**

**'Let us dream' Pope Francis**

**All welcome in Church or Online**

**For more information: [www.clonard.com](http://www.clonard.com)**

**Novena Times:**

**Mon to Sat:** 7am, 9.30am, 11.30am, 4pm, 6pm 8pm

**Sun:** 7am, 9.30am, 11.30am, 1pm, 4pm, 6pm, 8pm



**Pilgrimage to Fatima – 2022,  
Down and Connor Diocese  
8 - 15 SEPTEMBER 2022  
| 7 NIGHTS**

Led by Bishop Noel Treanor D.D.  
Pilgrimage directors: Fr G. McCloskey PP  
and Fr Sean Gilmore PP - Return flights  
from Dublin to Lisbon - Coach from  
Belfast to Dublin airport - 7 nights at  
Hotel Avenida - Breakfast, lunch and  
dinner each day - Airport transfers -  
20kg check-in bag per person - Free  
travel insurance up to 79 years. **£689**  
per person sharing.

**For Bookings contact:** Joe Catney  
028 9071 4001 / 07776 425631  
**Pilgrimage Directors:** Fr G McCloskey  
PP 028 4484 1208 & Fr Sean Gilmore PP

**Diocesan Pilgrimage to Lourdes 2022:** Full  
board in hotel: 5 nights (13-18 July) from £685. For  
further information contact the Pilgrimage Office on  
(028) 9077 0162 E: [lourdes@downandconnor.org](mailto:lourdes@downandconnor.org)

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

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

**"The Morning Star Shines On Us" - Four  
Reflective Wednesday afternoon sessions  
with Sr Magdalen Lawler SND hosted by  
Drumalis via Zoom in June (22 & 29 June  
from 2 pm – 3:30 pm)**

Sr Magdalen Lawler invites us to join her via Zoom  
for four afternoons in June as she reflects on the  
paintings of Sieger Koder. The suggested offering  
to attend the series is £40 per person. To register,  
please email [katrina@drumalis.co.uk](mailto:katrina@drumalis.co.uk) or phone 028  
28272196/28276455 (Mon-Fri, 9 am – 5 pm)



## CALENDAR OF SAINTS DAYS

### JUNE 2022

**Saturday 18 June**

Blessed Virgin Mary

**Sunday 19 June**

The Most Holy Body & Blood of Christ, Corpus Christi

**Monday 20 June**

The Irish Martyrs inc Bishop of Down and Connor Blessed  
Conor O'Devany

**Tuesday 21 June**

Saint Aloysius Gonzaga, Religious

**Wednesday 22 June**

Saints John Fisher & Thomas More, Martyrs

**Thursday 23 June**

The Nativity of St John the Baptist

**Friday 24 June**

The Most Sacred Heart of Jesus

**Saturday 25 June**

The Immaculate Heart of Mary

**Sunday 26 June**

13<sup>th</sup> Sunday of the Year

**Monday 27 June**

Saint Cyril of Alexandria, Bishop & Doctor of the Church

**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 Mother Teresa, St John Paul II, 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. Come and join us and be part of the prayer movement online!

**Saturdays at 8.30pm** – Prayerful Reflections during Live Eucharistic Adoration. Meditations on the Catholic Internet TV – Shalom World.org Just click on the following link to access this time of prayer. [www.swprayer.org](http://www.swprayer.org) Please be assured that I will be including all the parishioners and their families during these live intercessory prayers.

**LOUGH DERG THREE DAY PILGRIMAGE** runs Wed 1st June until 15th August (Sat 13th Aug is final day to begin the Pilgrimage). Admission €80 | Booking advised | Concessions available for students, seniors and groups. All booking info, including organised parish groups available at [www.loughderg.org](http://www.loughderg.org), email [info@loughderg.org](mailto:info@loughderg.org) or telephone 0(0353) 71 9861518. *Lough Derg, Pettigo, Co Donegal, F94 N289*

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 Saturday – 25 June. Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669.

**All-Ireland Rally for Life** takes place in Dublin on **Saturday 2<sup>nd</sup> July**. Make a stand to protect Ireland's unborn babies. Coaches travelling from towns across Northern Ireland. Book your seat today. Contact 02890278484/ 07592280522.



**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](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.

***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.

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

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

**CANA 1,2,3 – Retreat for Couples:** Rediscover the meaning and fun in your marriage, your family life, and your commitment to each other. Experience the 7 thematic days of the CANA Week over three weekends through April, May & June. Including Talks, Testimonies and most importantly of all, Time to share with each other as a couple and with other couples. other couples. Contact details: Brian & Lisa Harmon 041 6851563, 086 8386725 or 0879080023 [info@canaireland.org](mailto:info@canaireland.org) [www.canaireland.org](http://www.canaireland.org)

***An Irish Pilgrimage Guide to the Holy Land*** is a new book by Michael Kelly, Editor of *The Irish Catholic* newspaper which explores the places associated with the life of Christ. Michael, who has led many pilgrimages to the Holy Land, says he hopes the book can also act as an 'armchair retreat' for people who cannot travel to the Holy Land bringing the Gospel to life for them. It is available now from all good bookshops, [www.columbabooks.com](http://www.columbabooks.com) or by calling 00353.1.687.4096 price €16.99/£14.99

**Accord** is recruiting interested people to assist in the provision of Marriage Preparation Programmes.

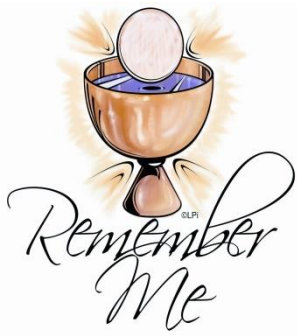
Application forms are available by contacting [info@accordni.com](mailto:info@accordni.com)

Selections will take place in June of this year with training commencing in September.

This year Accord is celebrating 60 years supporting couples and families.

Please contact us for any support you may need [www.accordni.com](http://www.accordni.com)

Interested in the Synodal process? In building hope in our Church and for our World? Why not consider a postgraduate course in theology? The Loyola Institute of Theology at Trinity College will challenge, form and inform you. Now is the time to take the opportunity to become a more informed member of our Christian community. Check out our website for details of courses available and for scholarships offered <https://www.tcd.ie/loyola-institute/> If you would like to discuss possibilities please email Fáinche Ryan [faryan@tcd.ie](mailto:faryan@tcd.ie) or [kirwanm6@tcd.ie](mailto:kirwanm6@tcd.ie)



## Corpus Christi Sunday – 19<sup>th</sup> June 2022 The Most Holy Body & Blood of Christ

**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

#### A Prayer by Telephone

The Sisters of Mercy "Bethany" 34 Point Road, Dundalk Welcome any person who may wish to request prayer, especially during these difficult times. All requests are confidential. [Tel:00353429331602](tel:00353429331602) 9am – 9pm Daily - One of the sisters will be happy to Listen and Pray with you

**Bangor group of Alcoholics Anonymous** has restarted our Open Meetings. Open Meetings are, as the name suggests, open to everyone and anyone who wishes to know more about alcoholism, how it effects the individual and how they can recover. Bangor AA Open Meetings, The last Friday of the month, every month. Doors open at 8pm for an 8.30pm start. **Bangor Community HUB**, Hamilton Road, Bangor. BT20 4LF.

#### 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:** 1<sup>st</sup> 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.



**GREETINGS FROM DROMANTINE RETREAT AND CONFERENCE CENTRE NEW WORKSHOPS 2022 - BOOKINGS NOW OPEN** - Please contact Jacinta or Louisa to reserve your place: TEL: 028 (048 from ROI) 3082 1964 EMAIL: [admin@dromantineconference.com](mailto:admin@dromantineconference.com)

#### THE LONG GOODBYE

*Practical advice for caregivers of people living with dementia*  
Friday, 19 August (5pm) - Sunday, 21 August (2pm)

#### WHEN IT IS DARKEST

*Understanding suicide*  
Saturday, 24 September (9.30am - 4.30pm)

#### CHURCH ABUSE: A UNIQUE BETRAYAL

*A call to listen, a call to action, a call to change*  
Friday, 4 November (5pm) - Sunday, 6 November (2pm)

**A JOURNEY OF FAITH, HOPE AND JOY WITH ST PATRICK....** Come and be refreshed on ancient paths in the cradle of Christianity in Ireland. Poor Clares Sr Martina Purdy and Sr Elaine Kelly will lead you on an amazing five day pilgrimage that includes guided walks to sites associated with St Patrick in County Down. Stay in Tobar Mhuire Retreat Centre, visit with monks along St Patrick's Way, and capture the joy of the first Christians in Ireland. From £798 all inc meals, transport, activities. Details [www.saintpatrickcentre.com](http://www.saintpatrickcentre.com) or call centre Downpatrick 02844 619000

Please see link below for more details.

[Saint Patrick Centre – Welcome to the Home of Saint Patrick](#)

**On Fire!** A two day Conference for Catholic adults to regenerate the spirit of evangelisation in the UK  
**9-11 September 2022** **SPEAKERS FROM:** The Benedictines / The Dominicans / Aid to the Church in Need / CAFOD / Society of St Vincent de Paul / Catholic Voices. **TRAINING WORKSHOPS BY CATHOLIC VOICES**  
CONFERENCE COST - £110 PER PERSON, INCLUDES: Talks and workshops / Lunch on Saturday and Sunday / Buffet dinner on Saturday / Teas and coffees **ACCOMMODATION AT UNIVERSITY COLLEGES** B&B from £33 per person, per night Hurry! Bookings for rooms close end of May **Open to all Catholics aged 18+** **Venue:** Durham University Teaching and Learning Centre, DH1 3LS **Details:** <https://youngcatholicadultnetwork.uk/event/on-fire-conference>  
**Email:** [rina@youngcatholicadultnetwork.uk](mailto:rina@youngcatholicadultnetwork.uk)

A special edition of *Sharing the Good News* on the Synodal Pathway. In this issue, we profile Dr Nicola Brady's cover story interview from the June issue of *Intercom* magazine. This special edition also includes a piece on the Day of Prayer on Sunday 5 June which is being offered in thanksgiving for the Diocesan Phase of the Universal Synod. We also invite people to pray for the National Pre-Synodal Assembly taking place in Athlone and Clonmacnoise on Saturday 18 June. Also be available on [www.synod.ie](http://www.synod.ie) and on [www.catholicbishops.ie](http://www.catholicbishops.ie).

## AID TO THE CHURCH

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

SUBSCRIBE TO THE MIRROR

# Devotion to the Sacred Heart

**THE MONTH OF JUNE IS DEDICATED TO THE SACRED HEART. WENDY GRACE EXPLORES HOW FAMILIES CAN BRING THE DEVOTION TO THE SACRED HEART INTO THEIR HOMES.**

By Wendy Grace

A statue of the Sacred Heart in a church in Georgia. (Credit: Ismael Martínez Sánchez / Aid to the Church in Need)

The devotion to the Sacred Heart of Jesus falls 19 days after Pentecost on a Friday. **It was in 1856 that Pope Pius IX established the feast of the Sacred Heart to be celebrated by the faithful.** However, devotion

to the Sacred Heart goes back much further than this, in the 13th century the Franciscan St Bonaventure wrote "With you is the source of Life" which tried to point to Jesus' heart as a fountain of love for us. It was in the late 18th century after the visitation of Jesus to Saint Margaret Mary Alacoque that the devotion really spread. Jesus revealed to her how he desired souls to have a particular devotion to His Sacred Heart. Saint Margaret Mary had visions over a period of 18 months between 1673 and 1675 where Jesus communicated to her His sorrow over the indifference people had to His great love for them.

In these visions, one of the things Jesus asked was for people to foster a special devotion of adoration for an hour on Thursdays and to receive the Eucharist on the first Friday of each month. Is this something you can do? I know life is hectic with small children and Jesus understands this, but can you start small? For example, my husband and I take it in turns to go to Thursday adoration, one prays while the other stays home and puts the children to bed.



So how do we teach our children about the Sacred Heart of Jesus? **Responding to Jesus' message, we as parents have to ensure that indifference to Jesus' Sacred Heart never creeps into our own hearts and homes.** As always with these teaching moments, it is an opportunity to grow in and renew our own faith. Let's start with the basic question – why is Jesus' Heart showing over his clothes? It's because Jesus is trying to remind us of how much He loves us. He is both God and man so He has a heart like you and me, **His heart is literally burning with love for us.**

What else do we see in Jesus' heart? Light and firelight to the darkness and the warmth coming from the fire, the warmth of His love for you. Jesus wants us to remember that at every moment He is with us, He wants your friendship, and He wants us to love Him back. You can keep it simple to get children thinking about Jesus' love, like asking them to draw a love heart and write in the words that come to mind when thinking of Jesus' love for us. It's good to get children thinking about what happens to Jesus' heart when we hurt Him or others. You can write the words on sticky notes covering His heart with these examples, but then do the exercise of pulling them off to show the power of his forgiveness.

Then you can move onto ways that we can love Jesus. As always with teaching our children, simple is beautiful. Your children can pray to have a heart like His, you can encourage your children to talk to Jesus every day, talking to Him like a best friend. It's a great time to start introducing children to simple prayers to Jesus. **"Dear Lord Jesus, please help me to be patient and kind"** is one that is often said in our house! Make the celebration of the feast of the Sacred Heart a special family day. Together you could watch the cartoon that EWTN has available on YouTube which tells the story of St. Margaret Mary. You could also teach your children the prayer to the Sacred Heart.

I think **Pope Benedict's words** written in May 2006 are a fitting synopsis of the importance of instilling this devotion in our families:

"By encouraging devotion to the Heart of Jesus, the Encyclical *Haurietis aquas* exhorted believers to open themselves to the mystery of God and of His love and to allow themselves to be transformed by it. **After 50 years, it is still a fitting task for Christians to continue to deepen their relationship with the Heart of Jesus, in such a way as to revive their faith in the saving love of God and to welcome Him ever better into their lives.**"