

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

Our Lord Jesus Christ, King of the Universe – 20 November 2022 –

Your prayers are requested for

Recently Deceased: Michael Carvill

Month's Mind: Robert Magee

Anniversaries:

Margaret Forte, Robert Coulter, Geraldine Shields, Daniel McCambridge, Pauline & Patrick McSherry, Paddy Mulligan, Marian McLarnon, Patricia McGivern, Ina Millan, Peg Connell, Kathleen Horan, Tom McKillop, Joan Wright, Patricia Hanna, Walter & Rose Gethin.

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 20th November @ 9.00am

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

Saturday vigil 19th November @ 6.30pm
Sunday 20th November @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK – 21st to 25th November

Morning Mass: Monday to Friday at 9.30am

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**.

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

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

PARISH SACRAMENTAL CLASSES

Sacramental Class for **CONFIRMATION**. Starting: The first Sunday in **JANURAY the 6th 2023** at **10.30am to 11.45am** in Saint Comgall's Parish Centre.

Cost £40 to include workbooks and supplies.

Due to pressure of space - only children registered by Monday 12 December will be accepted this year. Register interest with the Parish Office by email.

[giving child's name, class, age, school]



PREPARE FOR ADVENT!

'Emmanuel, God is with us.'

Venue: St Comgall's Church, Brunswick Rd

Time: 7pm to 8pm **When:** Thursdays over 4

weeks: **Nov 24th**, Dec 1st, 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]

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

TROCAIRE CHRISTMAS FAIR

Sunday November 27th after both Masses: 10am, 12noon

Your support saves lives. Please join us for;

- Tea/Coffee and Christmas Treats;
- Super Raffle; Tombola;
- Toys and Books
- Live Music.

St Vincent de Paul Helpline

077 0367 9384

Bethany Bereavement Support Group
we are here to support and listen.
Confidential.
07740-286738

BAPTISM REGISTRATION

Please register online SIDE BAR under '**Sacramental Preparation**'

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

This is a **6** Page Bulletin so please scroll down!

PARISH CENTRE – PARISH GROUPS RESTARTING – SEPTEMBER 2022

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
BRIDGE CLUB at 7.15 until 9.45pm	FRIENDSHIP CLUB at 10.00am	MENCAP Every fortnight at 6.00pm	St Comgall's Guide Unit (Girls aged 6-18) at 6.30pm
YOUTH CLUB 6.30pm – 8.30pm	IRISH DANCING CLASSES at 6.00pm	YOUTH CLUB 6.30pm – 8.30pm	IRISH CLASS & CEILI DANCING at 7.00pm
	SENIOR CHOIR Starting 11 th October at 7.30pm	BADMINTON Every fortnight at 8.00pm	

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 Bulletin'

TUESDAYS – 22NOV, & 6,13,20 DEC. "A Leap of Divine Joy and A Look of Love: Advent Revealed through Paintings" with Sr Magdalen Lawler SND *hosted by Drumalis via Zoom from 2pm-3:30pm* (Mon-Fri, 9am – 5pm) T:028 2827 2196 drumalis@btconnect.com

SAT 26 NOV Martin Shaw and Paul Kingsnorth: Into the Hut of Stories at **7.30pm**. An evening of saints & beasts: of marvels, perils, and redemption. From The Voyage of Brendan to a chapel crafted lovingly by bees, these are Christian myths of ecological reverence and soulful nourishment. Tickets: £10 Tickets are available online at www.benburbpriory.com or in-person.

TUE 13 – WED 14 DEC ADVENT REFLECTION at SMA Dromantine, Newry. Starting at 5pm. An Advent reflection in preparation for Christmas given by SMA Community, Dromantine & a celebration of the Sacraments (Eucharist, Reconciliation and Anointing of the sick). Cost £120/€145 Tel: 028 3082 1224 Email: admin@dromantineconference.com

PLEDGE FOR NOVEMBER

Those who are struggling because of alcohol or an addiction problem. Parishioners who wish to take a short-term Pioneer pledge are invited to visit www.pioneers.ie/pray

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

SAT 26 NOV BEGINNING EXPERIENCE:

The loss of a partner through death, separation or divorce is devastating. Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669 or email belfastbe@yahoo.com

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.

ST COLUMBANUS FESTIVAL, 17 NOVEMBER TO 20 NOVEMBER 2022

Thursday 17 November – The Enemy Within by Brian Friel – 8pm/Free
Bangor Drama Club, Studio 1a Hamilton Road, Bangor

Saturday 19 November – Calligraphy Workshop for Children – 11am-1pm/Free Adults: 2-4pm/£10 Ballyholme Parish Church Hall, Groomsport.

Saturday 19 November – Columbanus Talks – 11am-1pm/Free
St Comgall's Parish Centre, Brunswick Road

Saturday 19 November – Columbanus Festival Concert – 7.30pm/£10
Bangor Abbey, Bangor

Sunday 20 November – Columbanus Bell Walk – 1.30pm-3pm/£6
Meet at the Bangor Bell beside Bangor Abbey at 1.30pm

Sunday 20 November – A United Celebration Church Service – 7pm-8pm
(streamed live – website www.bangorparish.com) St Comgall's Church, Brunswick Rd

Saint Martha's Guild – St Comgall's Brunswick Road

It is proposed to revive the St Martha's Guild to ensure the regular cleaning of the church on a rota basis. Any parishioner interested in volunteering in this vital service is kindly asked to give his/her name into the Parish Office during office hours 9.30am-1pm or by email: bangor@downandconnor.org. Thank you to the 6 who have come forward already once we have a few more we hope to set up a meeting and a Rota.

MON 28 NOV ANNUAL MASS FOR DECEASED CLERGY & RELIGIOUS

There will be a Mass for Deceased Clergy and Religious who have died during the last three years. All Parishioners, Clergy and Religious throughout the Diocese are invited to join the families of the deceased to offer Mass together with Bishop Noel. **On:** Monday 28th November **In:** St Peter's Cathedral (Belfast) **At: 7:00 pm** The Mass will also be broadcast online at: <http://www.churchservices.tv/stpeterscathedral>

The **HOLY GHOST MISSIONS** thank all the parishioners for their generosity.
The total amount received was £3,514.00

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. 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.

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.



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



Our Lord Jesus Christ, King of the Universe – 20 November 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

NOVEMBER 2022

Thursday 17th November

Saint Elizabeth of Hungary, Religious

Friday 18th November

The Dedication of the Basilicas of SS Peter, Paul

Saturday 19th November

Blessed Virgin Mary, Queen Immaculate

Sunday 20th November

Our Lord Jesus Christ, King of the Universe

Monday 21st November

The Presentation of the Blessed Virgin Mary

Tuesday 22nd November

Saint Cecilia, Virgin & Martyr

Wednesday 23rd November

Saint Columbanus, Abbot & Missionary

Thursday 24th November

Saints Andrew Dung-Lac & Companions, Martyrs

Friday 25th November

Saint Clement I, Pope & Martyr

Sunday 27th November

1st SUNDAY of ADVENT

CHRISTMAS MASS TIMES 2022

in St Comgall's Church, Brunswick Rd - ONLY

CHRISTMAS EVE – SATURDAY 24TH DECEMBER

5PM, 7PM, 9PM

CHRISTMAS DAY – SUNDAY 25TH DECEMBER

9AM, 11AM, 1PM

SAINT STEPHEN'S DAY – MONDAY 26TH DECEMBER

1PM

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.



BEGINNING EXPERIENCE: 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 (**November 26.**) Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669 or email belfastbe@yahoo.com

Free draw: Win a trip to Medjugorje with the Irish Centre Win one week's all included package trip to Medjugorje for one person. This includes 7 nights B&B, return airport transfer and flight (up to €300 flight & luggage value). To be in with a chance to win go to our website www.med-irishcentre.com For more details tel. 00353 1443 4510 or email reservations@med-irishcentre.com

SAT 26NOV & FRI 9DEC:

TWO EVENTS COMING UP AT BENBURB PRIORY

Martin Shaw and Paul Kingsnorth: Into the Hut of Stories on Saturday 26.11.22 at 7.30pm

An evening of saints & beasts: of marvels, perils, and redemption. From The Voyage of Brendan to a chapel crafted lovingly by bees, these are Christian myths of ecological reverence and soulful nourishment. **Tickets: £10**

A Christmas Concert with Fr. Ray Kelly on Friday 09.12.22 at 7.00pm Benburb Priory will host Britain's Got Talent's Fr. Ray Kelly once again. This time, for an exciting Christmas concert. Fr. Ray will perform some beloved Christmas classics. Afterwards, he will join us in the Stables café for tea, coffee, and a meet and greet. **Tickets: £15** Tickets are available online at www.benburbpriory.com or in-person.

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

THUR 17 NOV ST. COLUMBANUS COLLEGE are holding a CHRISTMAS INDOOR FAIR on Thursday November 17th from 6 - 9pm. Entry will be free and there will be lots of stalls, treats and gifts to get you in the mood for the festive season, along with music from our choir and traditional groups. All welcome to come along to support the college.

SAT 19 NOV - TOTUS TUUS SCRIPTURE CONFERENCE 2022 IS LIVE ON RADIO MARIA IRELAND FROM 2PM. Speakers include SR. CAITRIONA KAVANAGH OP, BRIAN O'DRISCOLL (PAVING THE WAY HOME), FR. JOHN MCCARTHY (CLOYNE DIOCESE) AND FR. TERENCE CROTTY OP. Radio Maria Ireland can be listened to by downloading the Radio Maria Ireland APP, Saorview Channel 210 or listen live at (01)4373277

TUESDAYS – 22NOV, 6,13,20 DEC

"A Leap of Divine Joy and A Look of Love: Advent Revealed through Paintings" with Sr Magdalen Lawler SND *hosted by Drumalis via Zoom from 2pm-3:30pm (Tuesdays, 22 November and 6, 13 & 20 December)* Sr Magdalen Lawler invites us to join her via Zoom for four afternoons, during which she will lead us through a reflective time using scripture, paintings and poetry to explore the coming of the Saviour. Suggested Donation: £40 per person. For further details or to book a place, please contact Drumalis during office hours (Mon-Fri, 9 am – 5 pm) – 028 28272196/28276455 or email drumalis@btconnect.com

How might you be preparing for Christmas this year?

This Advent, we invite you to join with us for a time of discussion, reflection and praying with the Gospels through Lectio Divina (Divine Reading) as we prepare our hearts and minds to welcome the child Jesus this Christmas. The sessions will run for 4 weeks online via zoom and will be facilitated by Fr Paul Byrne and Aishling Steen from the Living Church Office. We have 2 options for you to join in: Beginning Monday 21st November @7:30 pm or Tuesday 22nd November @11:30 am for 4 weeks. To book your place please contact Claire at livingchurch@downandconnor.org or tele 02890690920. We look forward to welcoming you!



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!



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!