

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

Third Sunday in Ordinary Time, Year A – 22 January 2023 –

Your prayers are requested for

Recently Deceased: Kathleen Norton

Month's Mind: David Milliken

Anniversaries:

Thomas Doherty, Eileen & Harry Morrow,
John McDonald, Bridie McAllister, Noreen
Gunn, Elizabeth McLaughlin, Doris
Prendiville, Michael Jennings, Tommy
Jennings, Vincent Coulter, Margaret Moore,
Lily McIlmurray, Hazel Allen,
Lilian & Frank Sullivan.

Deacon James invites you to a candlelit hour of adoration, quiet prayer and reflection with Taize chant. In St Comgall's Church, Brunswick Road, Bangor

Wednesday 25th January
from 7:30pm to 8:30pm

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

[ST COMGALL'S CHURCH, DONAGHADEE](#)

Sunday 22nd January 2023 @ 9.00am

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

Sat Vigil 21st @ 6.30pm and

Sunday 22nd @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK – 23rd to 27th January

Tuesday 24th January – Requiem Mass, Kathleen Norton at 10am

Wednesday 25th January - Grandparent's Day Mass at 10am

Morning Mass:

Monday, Thursday and 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** 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.

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

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

Parish Get-together to Celebrate Our Two Canons!!

We are having a Celebration in the Parish Centre on Sunday 5th February.

after 12noon Mass for Canon Joseph Gunn and Canon Daniel Whyte.

Music and light refreshments, all welcome!



St Vincent de Paul Helpline 077 0367 9384

The Society of St Vincent de Paul offers practical and confidential help to those in need throughout the North Down Area. 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.

Bethany Bereavement Support Group

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

FRIENDSHIP CLUB

reopens on Tuesday
10th January 2023

NOTICE FOR NEW AND EXISTING ALTAR SERVERS – BANGOR PARISH, St Comgall's Church, Brunswick Road

It is hoped to revive the custom of having Altar Servers at Mass. The parents of any interested boy or girl who is aged 8 or over and who has received their First Holy Communion are asked to leave the name and the contact details of a parent/guardian in the parish office in person before 1pm Monday to Friday or by email on bangor@downandconnor.org Details concerning training will be announced later.

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 Dymrna’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 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’

CATHOLIC SCHOOLS WEEK 2023

Parishioners, particularly grandparents and those associated with our parish schools, are warmly invited to our Grandparents’ Day Mass on **Wednesday 25 January at 10am**. A representation of pupils from our parish schools will be enriching our celebration in thanksgiving in the readings, music, and offertory.

Former BBC correspondent Martina Purdy and former barrister Elaine Kelly are coming to share their faith journey on **Wednesday 25th January at 7.30pm in St Colmcille’s Holywood Church**. Their journey has been an amazing adventure, with Jesus in the heart of the church. Each will share on the call to mission that is for all the baptised, and the path of hope that leads to the glorious freedom of the children of God.

PARISH LECTIO DIVINA

This group meets on **Monday evenings**, 7.30pm to 8.30pm in the Parish Centre, St Dymrna’s Room. Come, let the living Word of God into your heart. All welcome, under 18’s to be accompanied. Lead by Derek.

D & C LIVING CHURCH COMMITTEE - Faith Development Conference, Saturday 28th January

It has been wonderful to see people gather in their parishes once again over the past year. As we continue to build on this the Living Church are hosting a Faith Development Conference for all our Parish Leaders and Clergy. It will be held in the **Crowne Plaza Hotel, Shaw’s Bridge, Belfast**. For more information, or to book online, go to: www.livingchurchevents.com. Or to request an application form, contact Claire at the Living Church Office, 02890690920 or livingchurch@downandconnor.org

DOWN and CONNOR DIOCESAN TRUST - VACANCY

‘PARISH SAFEGUARDING SUPPORT OFFICER’, SAFEGUARDING OFFICE

An opportunity has arisen within the Diocesan Safeguarding Office, where we seek to recruit into the role of Parish Safeguarding Support Officer. This role will be based within the Safeguarding Office at 120 Cliftonville Road, Belfast and will work as part of the Diocesan Safeguarding Team, to ensure that the Diocesan Trust fulfils its statutory duties with regards to the Safeguarding of Children and Adults.

The post holder will work 21 hours over 3 days per week, where a blend of working within the Safeguarding Office and Parish on-site visits will be a requirement.

The Parish Safeguarding Support Officer will promote and encourage the highest safeguarding standards and will support our Parish Safeguarding Committees and Pastoral Communities to develop an understanding, so as to ensure compliance with the Diocesan Safeguarding policies and procedures. The post-holder will work to foster collaboration and constructive engagement with clergy, religious, employees and volunteers.

Salary: Will be considered within the range of £17,000 to £18,500 gross per annum commensurate upon experience.

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.

We welcome applications from anyone who feels they meet the criteria as presented and are interested in playing an active role within the Diocese of Down and Connor.

Closing date for applications will be 12.00 noon on Thursday 26th January 2023

Down and Connor Diocesan Trust is an Equal Opportunities Employer

This is a 6 Page Bulletin.
Full Copy Online....

BAPTISM REGISTRATION
Please register online SIDE BAR under
‘Baptism Registration’

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

DIOCESAN NOTICES:



The annual 4 Corners Festival has announced its dates for 2023 and this year's theme which will be Dreams...Visions for Belfast.

The festival will feature a range of art, music, discussion, sport and faith-based events from January 27 to February 5 in venues across the city.

Now in its 11th year, the festival was conceived as a way to inspire people from across the city to transform it for the peace and wellbeing of all.

It features innovative events designed to entice people out of their own 'corners' of the city and into new places where they will encounter new perspectives, new ideas and hopefully meet new friends.

The full programme is now live, for more information go to www.4cornersfestival.com/the-festival

▪ **D & C LIVING CHURCH COMMITTEE - Faith Development Conference, Saturday 28th January**

It has been wonderful to see people gather in their parishes once again over the past year. As we continue to build on this the Living Church are hosting a Faith Development Conference for all our Parish Leaders and Clergy. It will be held in the **Crowne Plaza Hotel, Shaw's Bridge, Belfast, on Saturday 28th January 2023**. This course will equip you with the skills and resources to lead faith development programmes in your parish, with your prayer group or organisation. Five excellent Programmes are being showcased and there will be an opportunity to meet with the developers and presenters of the programmes in taster sessions that they will run. Our keynote speaker will be Mr David Wells. David is an international speaker and author and has worked with Dioceses internationally encouraging and inspiring people to be leaders and sharing the Joy of the Gospel in their local parish communities. Each delegate will receive lunch and will take home resources to support the delivery of five programmes that can be delivered in the Parish. For more information, or to book online, go to:

www.livingchurchevents.com. Or to request an application form, contact Claire at the Living Church Office, 02890690920 or livingchurch@downandconnor.org

It would be wonderful to see you there!

▪ **BEGINNING EXPERIENCE IS A PEER MINISTRY**

to the bereaved, separated and divorced, based within the Family Ministry of the Diocese of Down and Connor. 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 (February 18th and March 18th 2023)** Booking essential. Residential weekend in Drumalis, Larne, 10/12th March. To find out more, contact Phil: [02890 207645](tel:02890207645) or Marie [07896119669](tel:07896119669) or email belfastbe@yahoo.com

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 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'.



3rd Sunday in Ordinary Time, Year A – 22nd January 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

JANUARY 2023

Friday 20 January

Saint Fabian, Pope & Martyr Saint Sebastian, Martyr

Saturday 21 January

Saint Agnes, Virgin & Martyr

Sunday 22 January

3rd Sunday of the Year A

Tuesday 24 January

Francis de Sales, Bishop & Doctor of the Church

Wednesday 25 January

Conversion of Saint Paul, Apostle

Thursday 26 January

Saints Timothy and Titus, Bishops

Friday 27 January

Saint Angela Merici, Virgin

Saturday 28 January

Saint Thomas Aquinas, Priest & Doctor of the Church

Sunday 29 January

4th Sunday of the Year A

Monday 30 January

Saint Aidan (Ferns)

AID TO THE CHURCH

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

SUBSCRIBE TO THE MIRROR

Half of Burkina Faso under terrorist Control

LIKE MANY COUNTRIES IN THE SAHEL IN WEST AFRICA, BURKINA FASO HAS BEEN SUFFERING UNDER ISLAMIST TERRORISM IN RECENT YEARS. FOLLOWING THE MURDER OF A PRIEST ON 2 JANUARY, ACN'S AMÉLIE BERTHELIN SPOKE TO BISHOP LAURENT DABIRÉ OF DORI, PRESIDENT OF THE BISHOPS' CONFERENCE OF BURKINA FASO AND NIGER, ABOUT THE SITUATION IN BURKINA FASO. By ACN Staff

Internally displaced persons in Burkina Faso. (Credit: Aid to the Church in Need)

Bishop Laurent Dabiré explained that after years of terrorism, **the people of Burkina Faso are exhausted**. Many families are grieving the loss of their loved ones due to the violence. The bishop explained that despite all of this, people were still in high spirits for Christmas:



"Nonetheless, Christmas has always been a time for joy in our country and has usually been a time of truce. People gather for Mass, although some don't come because they are afraid. We understand this, and we don't ask people to be any braver than they can. Christmas gives us the opportunity to pay tribute to all the victims of this war and to pray together for a return to peace."

Bishop Laurent Birfuoré Dabiré. (Credit: Aid to the Church in Need)



The bishop explained that **roughly half of Burkina Faso is under the control of terrorists**. The bishop also outlined that **many of these terrorist groups are Islamists**:

"Some groups have explicitly declared their intentions, but with others you need go no further than their names, such as the Group for the Support of Islam and Muslims (JNIM), which explicitly aims to impose Islam on the whole country, including through the use of terrorism. Of course, this implies having to suppress the current society, which is multireligious and marked by dialogue and coexistence. The terrorists want to eradicate this society and all who do not profess the same brand of Islam as them, including Muslims, which means that the terrorism is now aimed at society as a whole."

The impact of this terrorist activity has been dire for the Church in Burkina Faso:

"The consequences of this wave of terrorism over the past seven years have been terrible. From a pastoral point of view, we can no longer move around as we did before. Our scope of action is much smaller, because the terrorists occupy two-thirds of the territory of the Sahel. All we have left, practically, are the provincial capitals. The Diocese of Dori has six parishes, three had to be closed, and we came close to closing another this summer. Another is blockaded. In some places there are food shortages and communications are down, we only manage to get some messages through thanks to a few UN organisations that have the means to transmit them."

This danger has forced the closure of many parishes. The bishop explained that this often comes at the request of the local parishioners who are aware of **the extra dangers that priests on the ground face**.

There are around two million internally displaced persons in Burkina Faso. The bishop outlined that in these circumstances, **Catholic radio stations have been of tremendous help** in communicating and providing instruction to displaced Catholics.

Thank you for your support at this challenging time

mary's
meals

| a simple solution to world hunger

Donate

Give until 31 January 2023 and your donation will be doubled by a group of generous supporters, up to £1.5 million – meaning we can reach even more hungry children with life-changing school meals.



Dear friend,

We are getting in touch today to share three important updates on our work...



Every serving of Mary's Meals now costs 10p and the cost of feeding a child for a school year has risen from £15.90 to £19.15

This is the first increase to this figure since March 2020. The soaring prices of essential commodities – such as grain, fuel and fertiliser – mean that the cost of feeding children with Mary's Meals has risen by 20%.

We know that the escalating cost of living is causing much pain for both people here in the UK who make our work possible and the children who eat Mary's Meals.

If you can [give any amount today](#), please know that this will be received with deep gratitude – particularly because our income is not growing at the same rate as the cost of feeding children. You can read about the challenges we face in [this blog](#) from our executive director, Daniel Adams.



Together, we are reaching more hungry children than ever before

It gives us such joy to tell you that, despite a difficult 2022, an incredible 2,429,182 little ones will eat Mary's Meals at school today.

This simply would not be possible without your generosity.



There is still time to double your love

Our [Double The Love](#) campaign ends on 31 January 2023. Until then, donations to Mary's Meals will be matched by a group of generous supporters, up to £1.5 million. This means that any donation, no matter the size, will have twice the impact!

Thank you for everything you do for Mary's Meals.

Donate today