

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.

6th SUNDAY of EASTER, 21 & 22 May 2022

Your prayers are requested for

Recently Deceased:

William Barclay, Aoife Robinson

Anniversaries:

Willie Magill, Catherine James, Jim Brown,
Bernadette Price, Eugene Maguharin,
Daisy & Salvatore Gatt, Frank & Kathleen
Rafferty, Ena Gorman, Gemma McKinney.

'MAY MEDITATIONS' - Meditating with Mary in the Month of May.

When: Monday 23rd, Tuesday 24th &
Wednesday 25th May at 7.30pm

Where: In St Comgall's Church, Brunswick
Road, Bangor

These Meditations will help us to rediscover
the beauty of God's message of hope and
love as we contemplate the wonders God
worked in Mary's life.

BAPTISM REGISTRATION

Evenings only until further notice at 6pm.
Wednesdays and Thursdays.
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

CEMETERY SUNDAY 2022

After two years of the blessing of the graves
by Bishop Treanor alone, we are delighted
to welcome families back to pray for their
loved ones who lie at rest in the Belfast
cemeteries. Hannahstown Cemetery -
Sunday 29th May. All ceremony at 3pm.

PRAYING WITH THE ICONS

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

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

SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 22nd MAY @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 21st May @ 6.30pm

Sunday 22nd MAY @ 10am & 12noon

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

DAILY MASS NEXT WEEK – 23rd to 27th MAY

Morning Mass: Monday to Wednesday & Friday at 9.30am

Requiem Mass: Aoife Robinson – Thursday 26 May at 10am

[may be changed at short notice due to a funeral]

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 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.

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

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

Issue 74 of *Sharing the Good News* for circulation to parishes for use in newsletters, parish mailing lists, as well as on websites and social media pages. The March issue is attached in PDF and image (jpeg) format to optimise sharing online. The current issue can also be linked to and downloaded from the home page of www.catholicbishops.ie.

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 24th June**, 6pm until Saturday 25th June, 4pm For information or to register your interest contact: Louise McQuillan Tel: 07922437679 Email: l.mcquillan@downandconnor.org

St Comgall's Parish Youth Club

As we emerge from the severest of the Covid restrictions the future of the Parish Youth Club needs to be examined. Finding and retaining qualified youth club personnel was already difficult pre-Covid, it is evermore so now.

So that legal safeguarding staff/child ratios may be achieved it has been necessary to reduce the club activities to two nights per week.

In order for the club to continue new volunteers are required. They must be at least 18 years old and prepared to be vetted.

If sufficient volunteers are not forthcoming the management committee will face the decision whether to mothball the club or close it. Your assistance is indispensable.

Please contact the parish office with your details if interested before 31st May 2022.

St Comgall's Parish Youth Centre is looking for enthusiastic youth workers to allow us to remain open.

If you are interested or know someone who might be have a look on JobsApplyNI website.

Applications close on **3 June 2022**.

<https://www.jobapplyni.com/Vacancy/VacancyDetail?Id=1548183§or=Any%20Sector&keyword=Youth&location=All%20Locations&filter=All&listpage=3>

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

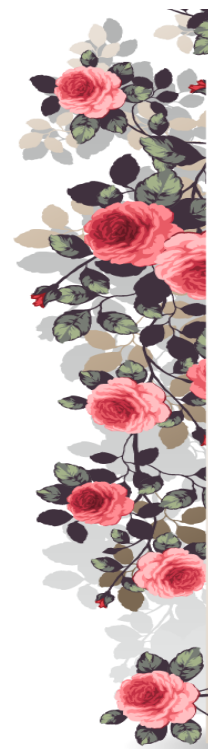
**Bethany Bereavement Support
Group** we are here to support and
listen. Confidential. **075 1085 2157**

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

www.bangorparish.com

Obligation to attend Sunday/Holyday

Mass: With the easing of Covid-19 restrictions, it is encouraging to see a return to a fuller liturgical life in our parishes. Thankful that we can once again gather as communities of faith, the Irish Bishops have announced that attending Mass on Sunday and Holydays of Obligation will from Easter Sunday (17th April 2022) once again be deemed an essential expression of faith. As always, those whose health is vulnerable or who are unwell will not be under any obligation to attend Mass.



The All Ireland Rosary Rally will take place in Knock on **Saturday 4th June** from 1.30 pm. The main celebrant will be Archbishop Okolo, Papal Nuncio to Ireland. Homilist: Bishop Michael Duignan. Rosary Talk: Fr. Marius O'Reilly. If interested in travelling by coach, contact Paddy 07979501228 or Siobhán 07857251422 by text anytime or call after 5pm.

CALENDAR OF SAINTS DAYS

MAY 2022

Friday 20 May

Saint Bernadine of Siena

Thursday 26 May

Saint Philip Neri, Priest

Saturday 21 May

Saints Christopher Magallanes & Companions

Friday 27 May

Saint Augustine of Canterbury, Bishop

Sunday 22 May

6th Sunday of Easter

Sunday 28 May

The Ascension of the Lord

Tuesday 24 May

Day of Prayer for the Church in China

Tuesday 31 May

The Visitation of the Blessed Virgin Mary

Wednesday 25 May

Saint Bede the Venerable, Priest & Doctor of the Church
Saint Gregory VII, Pope & St Mary Magdalene de'Pazzi, Virgin

Wednesday 1 June

Saint Justin, Martyr

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 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!

Saturday 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 Please be assured that I will be including all the parishioners and their families during these live intercessory prayers.



FIRST HOLY COMMUNION will be celebrated next week for all the children in the parish. Please remember them and their families in prayer over the coming week.

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 wishes to thank you for your tremendous response to our Annual Appeal, on the theme of "Impossible Choices" Through your generosity St Comgalls Conference were able to assist over 150 families in the month of December, and Most Holy Redeemer Conference Ballyholme provided assistance to 108 families and individuals over the same period To include those donations enhanced by Gift Aid, the Appeal raised over £10,000. We thank you on behalf of the Society, and on behalf of those we assisted.

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. 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.

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

LOUGH DERG RE-OPENS

Lough Derg welcomes Pilgrims again with a full Pilgrimage programme this summer



Three Day Pilgrimage: 1st June - 15th August. Booking advised. Concessions available for students, seniors and groups.

One Day Retreats and guided Pilgrim Path experience: dates in May and late August through September. Booking essential.

All booking information at www.loughderg.org, email info@loughderg.org or telephone 0(0353) 71 9861518.
Lough Derg, Pettigo, Co Donegal, F94 N289.

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. Contact details: Brian & Lisa Harmon 041 6851563, 086 8386725 or 0879080023 info@canaireland.org www.canaireland.org

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 email: lourdes@downandconnor.org or visit www.downandconnor.org/Lourdes

Trócaire will be hosting a special Spring Gala Concert at **Clonard Monastery**, Belfast at 7.30pm on **Friday 20th May**, with performances from Margaret Keys, The Priests and St Dominic's Girls' School Choir. Tickets are free of charge but donations will be gratefully received on the night of the concert with all donations matched by the UK government in support of the 2022 Lent Appeal. To reserve tickets, visit www.eventbrite.co.uk and search 'Clonard Concert Belfast', email infol@trocaire.org or call 028 9080 8030.

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 two Saturdays (May 28 and June 25.) Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669.

**"The Morning Star Shines On Us" - Four Reflective Wednesday afternoon sessions with Sr Magdalen Lawler
SND hosted by Drumalis via Zoom in June (8, 15, 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 or phone 028 28272196/28276455 (Mon-Fri, 9 am – 5 pm)

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 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

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

QUB Chaplaincy Golden Jubilee Ball

The Catholic Chaplaincy at Queen's University will celebrate its Golden Jubilee with a Gala Ball in Belfast City Hall, to take place on Friday 10 June at 7pm. A drinks reception will be followed by a four-course dinner with wine, and dancing to live band MOJO. The evening promises to be the highlight of this year's social calendar, giving Queen's Chaplaincy alumni, across generations, a wonderful opportunity to catch up and share memories with old friends. Tickets are priced at £80 (plus online booking fee) and can be secured by following this link: <https://fixr.co/event/catholic-chaplaincy-qub-golden-gala-tickets-384378624>

There is a limited number of tickets available for current students at the subsidised rate of £50 and can be reserved by contacting Chaplaincy directly at catholicchaplaincy@qub.ac.uk Dress Code: Black Tie

6th SUNDAY of EASTER – 22nd May 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

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

1. Online at www.trocaire.org.
2. By phone: 0800 912 1200 (NI)
2. By post to Trócaire, 10 King Street, Belfast, BT1 6AD (NI).

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: 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.



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

ALONE TOGETHER

Finding our way back to connection
Saturday, 18 June (9.30am - 4.30pm)

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)

AID TO THE CHURCH

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

SUBSCRIBE TO THE MIRROR

Cardinal Zen Arrested

Cardinal zen, the 90-year-old retired bishop of hong kong, was arrested by authorities on 11 may. He has subsequently been released on bail.

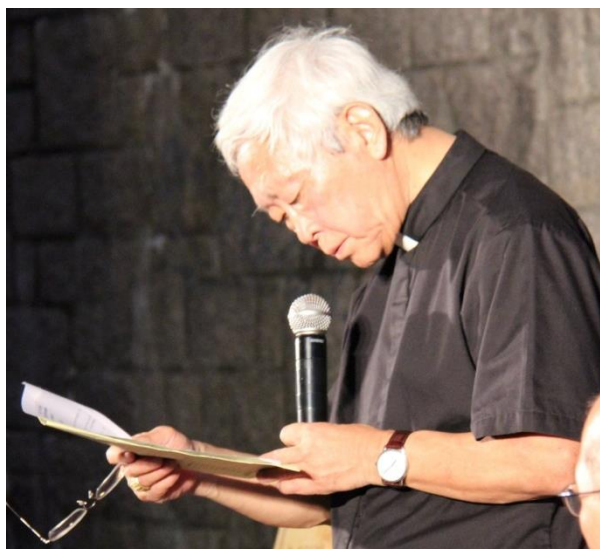
By ACN Staff

Cardinal Zen. (Credit: Aid to the Church in Need)

Yesterday, Cardinal Joseph Zen was arrested by the authorities in Hong Kong. According to local newspaper "The Standard", the 90-year-old cardinal was detained for his role as trustee of the 612 Humanitarian Relief Fund, which helped pro-democracy protesters pay their legal fees. After some hours the Cardinal was set free on bail. **However, the pontifical charity Aid to the Church in Need (ACN) is very concerned about the condition and safety of the 90-year-old former bishop. We ask our benefactors and staff to offer prayers for him.**

"Cardinal Zen has been a friend of suffering Christians everywhere, for many years. **He has been outspoken in his criticism of all forms of persecution, but never defended violence in any way. That he was arrested by Chinese authorities is shocking and revealing of how these continue to fear the liberating message of Christ.** ACN will continue to pray for the release of all who are imprisoned and persecuted for defending Christian values, and will do so inspired by the Cardinal's great example", said executive president Thomas Heine-Geldern.

"**May 24th, the feast of Our Lady Help of Christians, was designated by Pope Benedict XVI as an annual worldwide day of prayer for the Chinese Church. ACN asks all people of good will to pray for the Church in China,** so that our courageous brothers and sisters persevere, be strengthened in their faith and in all difficulties, anguish and distress."



The Pray for Life Novena is an invitation to join thousands of people across Ireland to pray for the protection of human life, from **Monday 23 May to the Feast of the Visitation on 31 May 2022.** Each day's intention is accompanied by a short reflection and suggested actions to help build a culture of life in Ireland. Visit www.prayforlife.ie for the daily novena prayers. This is an initiative of the Council for Life of the Irish Catholic Bishops' Conference. *The Pray for Life website will be live this coming weekend.

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 9am – 9pm Daily - One of the sisters will be happy to Listen and Pray with you**

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 18th 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

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