

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.

2ND SUNDAY of EASTER, 23/24 April 2022

Your prayers are requested for

Anniversaries:

Margaret Malone, Patrick Malone, Julian Greenwood, Dymrna Lennon, Peggy Rogan, Catherine Martin, Mary McCart, Patrick Donaghy, Brendan Donaghy, Angela Murphy, Angela McQuaid, Gus Ballesty.

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

SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 24th April @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Easter Saturday vigil 23rd April @ 6.30pm

Sunday 24th April @ 10am & 12noon

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

DAILY MASS NEXT WEEK – 25TH – 29TH April

Morning Mass: Monday to Friday at 9.30am

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

We have a number of Masses including funerals recorded.
These can be accessed when you click on the link below:

www.churchservices.tv/bangor

Solemn Adoration of the Blessed Sacrament has resumed from
Monday 7th March 2022 and on every Monday thereafter.

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 your
are interested in being part of the evening rota.



BANGOR PRAISH 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.

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.

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

**St Vincent
de Paul
Helpline**
077 0367 9384

UKRAINE COLLECTION
updated TOTAL : **£8,185.00**

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

BAPTISM REGISTRATION

Evenings only until further notice at 6pm.
Wednesdays and Thursdays.
Please register online SIDE BAR under
'Sacramental Preparation'



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 (April 30, May 28 and June 25.) Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669.

PRAYING WITH THE ICONS

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

**This is a 7 Page Bulletin so please
scroll down!**

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

www.bangorparish.com

The Knights of St Columbanus Centenary Anniversary Event

To celebrate the Anniversary of the death of its founder, local clergyman Canon James O'Neill. **May 6th & 7th 2022**
Marine Hotel Ballycastle, You are invited to join our event to mark this anniversary with guest speakers: Friday 6th May 2pm Bishop Noel Treanor Down & Connor Followed by Dr. Eamon Phoenix-a talk on the social, political and economic times in Ireland of Canon O'Neill 100 years ago Saturday 7th May 2pm: Mickey Harte, All Ireland Winning Manager-My Faith Journey Please do come along to either event that are free to drop in and attend.

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.

Diocese Directories on sale from Sacristy - £4

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 Comgall's 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.



2nd SUNDAY of EASTER – 23 & 24 April 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

CALENDAR OF SAINTS DAYS

APRIL / MAY 2022

EASTER THURSDAY 21st April

Wednesday 27th April

Saint Asicus, Bishop

EASTER FRIDAY 22nd April

Thursday 28th April

Saint Louis Marie Grignion de Montfort, Priest

EASTER SATURDAY 23rd April

Friday 29th April

Saint Catherine of Siena, Virgin & Doctor

SUNDAY 24th APRIL
2ND SUNDAY OF EASTER

Saturday 30th April

Saint Pius V, Pope

Monday 25th April
Saint Mark, Evangelist

SUNDAY 1st MAY

3rd Sunday of Easter

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 4.30pm: Live Rosary with meditations. **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.

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

Rosary at the Grottos

The Rosary will be prayed each day during the month of May at hundreds of grottos around the Island of Ireland. To see a list of locations, or to register a grotto (or other suitable location) simply visit www.coastalrosaryireland.ie You can also register by texting 087 278 6552. We are praying for Ireland and for peace in the world.

SACRAMENTAL PREPARATION CLASSES

For all children not attending Catholic Schools.



1ST PENANCE & HOLY COMMUNION

Classes to be held in the Parish Centre on

Sunday mornings at 9:15am.

Please register by contacting the parish office by email stating the Child's(rens) Name(s), Primary School, Year Group and Age.

CONFIRMATION 2022 - Confirmation Classes continue in the Parish Centre every Sunday morning @10.30am-11.45am.

Please register by email to the parish office Email: bangor@downandconnor.org

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



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)
3. By post to Trócaire, 10 King Street, Belfast, BT1 6AD (NI).

Donations to Ukraine will go to support our partner, Caritas Poland, who are working on the border. Poland has received 400,000 refugees from Ukraine over the past week and volunteers from Caritas Poland are providing food, blankets, hygiene kits and other essentials to people at the border as they arrive. We are already working in partnership with Caritas Poland and have supported their response in Yemen. We are now also extending financial support to their work on the Polish/Ukrainian border to support those arriving from Ukraine.

We will continue to engage with Caritas Europa to identify how Trócaire can best support the local Caritas organisations in their response.

Please note, however, that the Trocaire Lent boxes cannot be used to collect money for Ukraine and donations made to Ukraine will not be matched by UK Aid Match as the scheme is specifically tied to our Lent campaign.

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**

NO VISIBLE SCAR

Comfort for those bereaved during the pandemic
Friday, 20 May (5pm) - Sunday, 22 May (2pm)

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)

Workshop Facilitator: Father Hugh Lagan SMA

Fr Lagan is a priest with the Society of African Missions and a chartered clinical psychologist. He has led retreats, workshops and trainings internationally on psychological and spiritual well-being, positive change, trauma, mental health and resilience. Please contact Jacinta or Louisa to reserve your place: TEL: 028 (048 from ROI) 3082 1964 EMAIL: admin@dromantineconference.com

LOYOLA INSTITUTE: The Festival will open at 6pm on **Thursday 19th May 2022** with a Public Lecture by the inaugural Director, Prof Cornelius Casey, entitled 'Theology in a Conversation about Hope'.

The Conference Festival will continue on Friday and Saturday, 20th, 21st May. The Conference will be held in the JM Synge Theatre, Arts Block, Trinity College Dublin.

We would like to invite you to avail of the 'Early Bird' special for €60 euro available until the 15th April.

This includes lunch on Friday and Saturday, and tea/coffee each day.

For one day, either Friday or Saturday, the cost is €40.

Further details at https://www.tcd.ie/loyola-institute/conferences/festivaloftheology_homepage.php

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.

The March issue features the following articles:

- Lent an ideal time to focus on the Synodal Pathway – Bishops // Special collection for Ukraine on the weekend of 27 and 27 March // Church in Ireland to join Pope Francis as he consecrates Russia and Ukraine to the Immaculate Heart of Mary // Archbishop Dermot Farrell on modern day slavery
- Pastoral kit launched for dioceses and parishes as three month countdown to WMOF2022 begins
- War in Europe should help us learn lessons for our own peace process - Archbishops of Armagh
- Pope Francis reforms the organisation and structure of the Roman Curia
- It is encouraging to see a return to full public worship in our parishes - Bishops

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

LIVING CHURCH: A Biblical walk with the Blessed Mother – Online Course & Retreat Day

A Biblical Walk with the Blessed Mother will take us through the Scriptures leading us into a deeper understanding of Mary's life. Although Mary is mentioned in only a few chapters of the entire Bible, these are filled with rich insight which will help us to understand Mary's humanity and the extraordinary mission to which she was called by God. The programme will begin on **Monday 2nd May @7:00 pm** for 5 weeks meeting online and then concluding with a Retreat day on **Saturday 4th June 2022 10:00-4:30 pm**. Venue: Parish centre, Parish of Maghera, Newcastle. The cost of the programme including your study materials and the retreat day (including lunch) is £35. To register e-mail livingchurch@downandconnor.org

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AID TO THE CHURCH

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

SUBSCRIBE TO THE MIRROR

Maronite Patriarch Praises ACN

CARDINAL BECHARA AL-RAHI, THE PATRIARCH OF THE MARONITE CATHOLIC CHURCH, HAS PRAISED THE WORK OF ACN IN LEBANON. HE ALSO EXPRESSED HIS GRATITUDE TO ALL OF ACN'S BENEFACTORS.

By Filip D'Avillez

Patriarch Bechara al-Rahi meeting representatives of ACN. (Credit: Aid to the Church in Need)

The Patriarch of the largest Christian Church in Lebanon expresses his most heartfelt gratitude to all the benefactors who make the work of Aid to the Church in Need (ACN) in this country possible.

Patriarch Bechara al-Rahi. (Credit: Aid to the Church in Need)

During a visit of representatives from the pontifical charity, including directors of several national offices, aimed at expressing solidarity and proximity to the local Christian community, **Patriarch Bechara al-Rahi, of the Maronite Church, made a point of thanking the organisation, and specifically all its benefactors**, for the support they have been giving to the Lebanese Christian population.

"I would like to tell your benefactors that they are supporting Lebanon, and the Lebanese population", he said to the delegation, which over a period of a few days visited several projects funded by ACN.

"You have seen the situation they are in. The Lebanese population is not what it once was. The Lebanese used to live with dignity, they were not dependent on anybody. The fact is that our politicians made the population poor, beggars. We are haemorrhaging people. Every day we lose thousands of our best engineers, our best doctors, our best teachers, because the loss of value of the Lebanese pound to the dollar destroyed the value of salaries."

"Just imagine, eighteen months ago one dollar used to be worth 1,500 Lebanese Pounds, and now it is around 25,000. Salaries lost their value, and everybody became poor. All those who could, emigrated", explained Cardinal Patriarch Rahi.



Over decades, **despite its small size, Lebanon has become home to a large number of refugees**, which is putting an increasingly large strain on the state. "Our population never closed its borders. **In 1948 we welcomed the Palestinian refugees.** At the time our patriarch sent a letter to all the convents, schools and universities that belonged to the Maronite Church, to open their doors to them, because they were our brothers in need. **They are still now around half a million. Now we have a further 1.5 million Syrian refugees, as well, so we are looking after two million refugees.**"

Patriarch Bechara al-Rahi meeting representatives of ACN.

(Credit: Aid to the Church in Need)

"The International Community congratulates us, and tells us we are hospitable. But we don't need to be told that we are hospitable. We can't manage anymore."

With no end in sight to the financial and political crisis gripping the country, many aspects of society are dependent on outside help. **Aid to the Church in Need runs many projects in Lebanon, which continues to be the country with the highest proportion of Christians in the Middle East.** These projects include supporting religious congregations in their pastoral and social work, **providing food packages for particularly vulnerable families** and giving financial support to teachers in Christian schools, as well as paying tuition fees for some of the poorer students.

In 2021 ACN ran over 100 projects in Lebanon, providing more than €5.4 million in funding.

"I want to highlight what you and your benefactors are doing. It is truly great! True, it doesn't solve Lebanon's problems. The economic problem is something that the state is responsible for. **But the benefactors practice solidarity, fraternity, communion. And the Lebanese, I assure you, are very grateful to you all.** Grateful for your closeness, and for everything you are doing."

"From the bottom of my heart, in the name of all Lebanese, thank you!", concludes the Patriarch.

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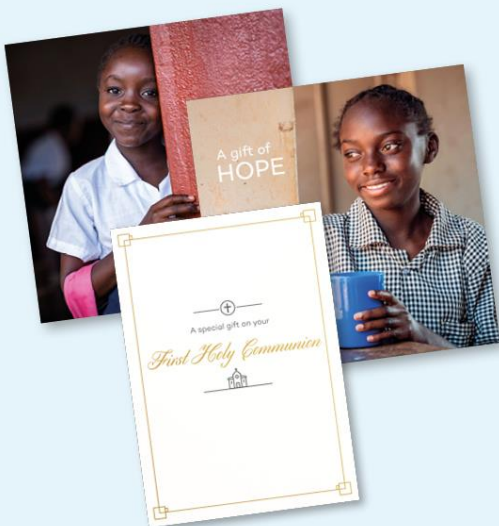
Since our humble beginnings, Mary's Meals, named after Mary the Mother of Jesus, has been built on a foundation of prayer and the many little acts of love from those who believe in our mission.

During the month of May, which is traditionally dedicated to Our Lady, we hope you will join with us to pray for God's continued blessing on our beautiful mission, that through His providence it will always flourish, and more children will see their lives transformed by our nutritious school meals.

We have a range of inspirational resources – including information for church groups and Holy Hours – to help you take part in [Pray In May](#).

And remember, our wonderful volunteers would love to come to your church or group to talk about our work. To organise a visit, please contact us on info@marysmeals.org or 0800 698 1212.

God bless you all.



**Visit our shop to find out about
our new First Holy Communion
and Gift of Hope cards.**

**Starting from just £15.90,
these beautiful gifts will feed
hungry children for an entire
school year.**

Order yours today