

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

The Nativity of Our Lord Jesus Christ – 25 December 2022 –

Your prayers are requested for

Recently Deceased:

Anne Brazil, David Milliken,
Brian Donaghy (Dungannon),
Fr James Boyle MHM (Belfast).

Anniversaries: Pasquale Forte, Joe & May Devlin, Maimie Smyth, Ena Bowler, Rose Ringrow, Kingsley Ringrow, Nora Rea, Martha & Jack Woodhouse, Gladys McFarland, Phyllis McPolland, Austin Gunning, Kitty Barnes, Frank Barnes, Gerard Anthony O'Loan, Michael Foley, Peter McQuade, Catherine & Jim Brown, James Brown, Peg McVeigh, Teresa & Claire Burke, Josie, Therese & John McVeigh, Bridget & Frank McQuade, George Roberts, Francis & Hannah Denvir, Maureen Murray, Dermot McNally.

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

CHRISTMAS MASS TIMES THIS WEEKEND

[ST COMGALL'S CHURCH, DONAGHADEE](http://www.bangorparish.com)

Christmas Day: 25th December @ 9.00am



[ST COMGALL'S CHURCH BRUNSWICK ROAD](http://www.bangorparish.com)

Christmas Eve vigils:

@ 5pm, 7pm, 9pm

Christmas Day:

@ 9am & 11am

MASS TIMES FOR:

DAILY MASS NEXT WEEK – 26th to 30th December

Morning Mass: **Monday 26th St Stephen's Day at 1pm**

Tuesday-Friday at 9.30am

St Comgall's Church, Brunswick Rd will close during this week at 3pm every day.

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 will begin back on **Monday 2 January 2023**

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

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

Dear Parishioners

Canon's Gunn, Whyte and Deacon McAllister wish you every blessing at Christmas and a peaceful and healthy New Year.

'Virgin mother, daughter of thy son, humblest of all things and yet most high, Eternal Counsel's peerless paragon, thou alone could truly dignify human nature, so that by its making our Maker to be made would not deny. In thy womb that love was just awaking in whose warmth this heavenly Rose eternal peace shall ever be partaking. Here the zenith's torch thou dost disclose of charity; in thou, among the living yet, Springs of hope shall evermore repose.' Dante Alighieri

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

PARISH CENTRE – PARISH GROUPS RESTARTING – SEPTEMBER 2022

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS |
|--|---|---|---|
| BRIDGE CLUB at 7.15 until 9.45pm YOUTH CLUB 6.30pm – 8.30pm | 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'

D&C LIVING CHURCH COMMITTEE

Join us in the beautiful, picturesque surroundings of **Tobar Mhuire Monastery, Crossgar** for Unlocking the Mystery of the Bible (Jeff Cavin). The Bible is at the heart of our faith and our relationship with God. Reading the Bible should bring us closer to Christ, but many people find it hard to even begin. Why not begin with the Living Church office?

Unlocking the Mystery of the Bible includes 8 sessions (6 weekly sessions and concluding with a retreat day which will incorporate the final 2 sessions.) The programme will be facilitated by Fr Paul Byrne and Aishling Steen from the Living Church office. Course participants will receive a resource pack and gather together for a time of teaching, discussion and prayerful reflection.

VENUE: Tobar Mhuire Retreat and Conference Centre, Crossgar, Co. Down. Beginning **Tuesday 10th January @7pm** for 6 weeks
Retreat Day 25th February 10am-4:00 pm Cost £30. To register your place please contact livingchurch@downandconnor.org or Tele: 02890690920

Booking early is advised as places are limited

BAPTISM REGISTRATION

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

This is a 4 Page Bulletin so please scroll down!

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

JOIN THE PARISH FOLK GROUP

St Comgall's Parish Folk Group is looking for new members! The folk group provide music at Saturday night vigil mass and will be playing at 7pm Christmas Eve Mass this year. We would **love** to see some new **musicians and singers** joining us. Minimum age is 8 years old. If interested, please contact Colleen on: 07538784565.

Prayer to Saint Joseph

Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man. Blessed Joseph, to us too, show yourself a father and guide us on the path of life. Obtain for us grace, mercy and courage. Amen.

DOWN AND CONNOR, LIVING CHURCH COMMITTEE

Praying at the Crib Click on link:

[Category: Prayer At The Crib - Northern Pastoral Network](#)

In partnership with the Northern Pastoral Network (NPN) we have developed a series of materials for praying at the crib.

12 Days of Christmas Reflection booklet

Click on link: [NPN - 12 Days of Christmas 2022 \(northernpastoral.network\)](#)

In partnership with the NPN we have a booklet that includes reflections and prayers for the 12 days of Christmas. Booklet & Prayer Card are online under 'News' page of the parish website.

A great opportunity to begin the New Year! Unlocking the Mystery of the Bible. Unlocking the Mystery of the Bible includes **8 sessions** (6 weekly online sessions and concluding with a retreat day in Belfast which will incorporate the final 2 sessions.) The programme will be facilitated by Fr Paul Byrne & Aishling Steen. Course participants will receive a resource pack and **gather together online** each week for a time of teaching, discussion and prayerful reflection. Beginning **Monday 9th January @7pm for 6 weeks online via zoom**. The Retreat Day will take place on **Saturday 18th February**. The cost of the program is £30. For further information or to book your place please contact livingchurch@downandconnor.org or Tele: 02890690920.

ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY

O Mary, Mother of God and our Mother, in this time of trial we turn to you. As our Mother, you love us and know us: no concern of our hearts is hidden from you. Mother of mercy, how often we have experienced your watchful care and your peaceful presence! You never cease to guide us to Jesus, the Prince of Peace.

We now turn to you and knock at the door of your heart. We are your beloved children. In every age you make yourself known to us, calling us to conversion. At this dark hour, help us and grant us your comfort. Say to us once more: "Am I not here, I who am your Mother?" You are able to untie the knots of our hearts and of our times. In you we place our trust. We are confident that, especially in moments of trial, you will not be deaf to our supplication and will come to our aid. Amen. www.vatican.va

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.

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.
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.



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.



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. . For further information, please email maura@drumalis.co.uk or phone Drumalis during office hours 02828 276455/02828 272196



The Loyola Institute, School of Religion, Theology, and Peace Studies - TRINITY COLLEGE DUBLIN Taught postgraduate degrees in Christian Theology in the Catholic tradition, at Masters, Diploma and Certificate level are available. Evening lectures (usually on Monday and Thursdays) allow for other commitments, and the Masters degree can be completed on a full time (one year) or part time (two year) basis. Assessment is by written assignment, not by examination. A range of Scholarships are available. For further information please see our website: www.tcd.ie/loyola-institute





The Nativity of Our Lord Jesus Christ – 25 December 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.soulpardonmission.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 & CHRISTMAS PARISH MASS

SATURDAY 24th DECEMBER (Brunswick Rd)

CHRISTMAS EVE Vigil Mass – 5pm, 7pm, 9pm

SUNDAY 25th DECEMBER

CHRISTMAS DAY Mass – 9am, 11am (Brunswick Rd)

CHRISTMAS DAY Mass – 9am (Donaghadee)

MONDAY 26th DECEMBER

St Stephen's Day – 1pm (Brunswick Road)

Saint Stephen, The First Martyr

TUESDAY 27th DECEMBER

Saint John, Apostle & Evangelist

WEDNESDAY 28th DECEMBER

The Holy Innocents, Martyrs

THURSDAY 29th DECEMBER

Saint Thomas à Becket, Bishop & Martyr

Walk in the footsteps of the Holy Family this Christmas: *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.columbapbooks.com or by calling 01.687.4096 price €16.99/£14.99. An ideal Christmas gift.



Join our Big Family Christmas and help feed hungry children with Mary's Meals. For just £15.90 you can set a place for yourself or a loved one at our virtual Christmas dinner table. Your name will appear online and you'll receive a beautiful PDF placemat to pass on as a gift. And, with Double The Love, donations to Mary's Meals until 31 January 2023 are being matched by a group of generous supporters – up to £1.5 million. This means each place set will feed two children with life-changing school meals for a whole year! if you would like to speak to someone please call 0800 698 1212.