

# 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](http://www.bangorparish.com) Office Hours: Mon-Fri 9.30pm to 1pm.

PARISH NEWSLETTER

## 26<sup>th</sup> Sunday of the Year – 25 September 2022 –

### Your prayers are requested for

**Month's Mind:** Diana Sunny Thayril

#### Anniversaries:

Matthew Furlong, Edward Patrick McConville, Colin Beck, Kathy Jones, Sandy Saunders, Kathleen McCann, Elizabeth McCausland, John McCausland, Margaret Shields, James Hart, Joseph Brannigan, Peter O'Hare, Alice Morrison, Agnes Kane, Susan Curry, Richard Herbert, Kathleen Brown.

For more details on the different notices please go on to the parish website:

[www.bangorparish.com](http://www.bangorparish.com)

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

[www.bangorparish.com](http://www.bangorparish.com)

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**Holy Hour** in St Comgall's Donaghadee – every 2<sup>nd</sup> Sunday in the month @ 2.45pm

### BAPTISM REGISTRATION

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



### 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.

### Bethany Bereavement Support Group

we are here to support and listen. Confidential. **075 1085 2157**

This is a **9** Page Bulletin so please scroll down!

### St Vincent de Paul Helpline

**077 0367 9384**

### SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 25<sup>th</sup> September @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 24<sup>th</sup> September @ 6.30pm

Sunday 25<sup>th</sup> September @ 10am & 12noon

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

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### DAILY MASS NEXT WEEK – 26<sup>th</sup> – 30<sup>th</sup> September

Morning Mass: Monday to Friday at 9.30am

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A number of Masses including funerals are recorded.

These can be accessed by clicking on the link below:

[www.churchservices.tv/bangor](http://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.

### PARISH SACRAMENTAL CLASSES

Sacramental Class for **First Penance & First Holy Communion**. Starting: The first Sunday in **November 6<sup>th</sup> at 11am** in the Parish Centre.

Cost £40 to include workbooks and supplies.

Confirmation Classes will be announced in the coming weeks.

Register interest with the Parish Office by email. [giving child's name, class, age, school]

### PRAYING WITH THE ICONS

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

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

LINK FOR:

Sr Maura's PRAYING TOWARDS... SUNDAY REFLECTIONS on the HOLY SCRIPTURES.

**JOB VACANCIES IN DOWN AND CONNOR DIOCESE..... see page 4**

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

## PARISH CENTRE – PARISH GROUPS RESTARTING – SEPTEMBER 2022

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>BRIDGE CLUB</b> Starting 5 <sup>th</sup> September at 7.30pm	<b>FRIENDSHIP CLUB</b> Starting 6 <sup>th</sup> September at 10.00am	<b>MENCAP</b> Every fortnight Starting 7 <sup>th</sup> September at 6.00pm	<b>BRIGINI'S</b> (Girls aged 6-10) at 6.30pm	
	<b>IRISH DANCING CLASSES</b> Starting 6 <sup>th</sup> September at 6.00pm	<b>YOUTH CLUB</b> 6.30pm – 8.30pm	<b>IRISH CLASS &amp; CEILI DANCING</b> Starting 8 <sup>th</sup> September at 7.00pm	
		<b>BADMINTON</b> Every fortnight at 8.00pm-9.30pm		

### BOOKING OF PARISH CENTRE:

Contact Thomas on T: 07305 746 263 or Email: [mcmullanthomas481@gmail.com](mailto: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](mailto: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'

**FRI 23 SEPT at 7.30pm.** Event to raise awareness for Children in Crossfire. An Evening with Richard Moore, Carnalea Golf Club, Bangor. Buffet Included.

### SAT 24 SEPT.

**Beginning Experience** is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast on three Saturdays (**September 24**, October 29 and November 26.)

### SAT 1 OCT from 10am to 4pm.

Antiques Sale in Holy Family Parish. Come along and support our Parish, at a sale of antiques and collectables in Holy Family Parish Centre, 118-120 Cavehill Road, Belfast, 10am- 4pm. A varied selection of antiques and collectibles will be on sale, and refreshments will be served.

### SAT 8 OCT from 10.30am to 4.30pm.

'Liturgy after Covid – Approaches to Liturgy in light of our experience of the Pandemic' A one-day Seminar hosted by Down and Connor Liturgy Commission. St Brigid's Parish Hall, 38 Derryvolgie Avenue, Belfast, BT9 6FP. Registration 9.30am. Seminar 10.30am to 4.30pm.

### One Day Retreats at Lough Derg

One Day Retreats have resumed on Lough Derg, and continue on selected dates until the end of September: **September 24 & 25** *Booking is essential.* Admission fee of €45pp includes all refreshments, lunch, return boat service, full retreat programme, free car & coach parking.

**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](http://www.knockshrine.ie)

### **Dromantine Retreat and Conference Centre**

**Saturday, 24 September** (9.30am - 4.30pm) **WHEN IT IS DARKEST**  
*Understanding suicide*

**Friday, 4 November** (5pm) - Sunday, 6 November (2pm)  
**CHURCH ABUSE: A UNIQUE BETRAYAL** - *A call to listen, a call to action, a call to change.*

**SUN 9 OCT at 2.45pm.** LEGION OF MARY ANNUAL ROSARY PROCESSION. Please assemble at St John's Church, Falls Road Belfast at 2.45pm. Leaving at 3.00pm processing to St Michael's Church, Finaghy Road North for Benediction. Come and join us...

**Coastal Rosary for Faith & Life in Ireland** - On **Sunday October 9th**, the annual Coastal Rosary will take place at **2.30pm**. Join thousands of people from around Ireland to pray the Rosary for Life and Faith at our coasts, grottos, rivers, churches, and other suitable places. Simply sign up a Rosary location at [www.coastalrosaryireland.ie](http://www.coastalrosaryireland.ie)

### 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.**

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**SAT & SUN 24-25 SEPT.** FOC in conjunction with Myshall, Co Carlow near the birth place of Columbanus have organised two complementary events to encourage sharing our Christian Heritage. Both are supported by community grant aid so only the travel and overnight are involved in the Myshall /Carlow trip on 8th October, and no charge for the Bangor element 24/25th Sept. Please see below for poster for details and please book the events you would like to join in.

## DONAGHADEE – ST COMGALL’S CHURCH & BALLYHOLME – MOST HOLY REDEEMER CHURCH

The repairs to St Comgall’s Church in Donaghadee have now been completed. It is now time to start on Most Holy Redeemer.

A survey report recommends a staged approach beginning with the roof to make the Church watertight. A new boiler has to be installed. This will be a lengthy process because the Church is treated as a non-domestic building the waiting list for which is much longer than for private houses. An application was lodged a few months ago but to date there is no indication of when gas will be installed.

A hammer test of the external plaster remains to be carried out but as this will involve placing a cherry picker crane in the middle of Sheridan Drive the road will have to be closed to traffic probably on a Sunday. Permission to do this will have to be granted by the civil authorities.

I realise and share the frustration of parishioners about the continuing closure of the Church. Unfortunately, it is not possible to indicate a date for reopening but as soon as I know it will be communicated to parishioners.

Please keep the parish in your prayers and all donations to defer the considerable expense as yet unknown will be gratefully received.

# FINDING COLUMBANUS

From Carlow to Bangor

## Saturday 24 September 2022

- 11.30am** Copeland Island Boat Tour (approximately 4 hours).  
Meet at Pickie Pier, Bangor, at 11.30am.  
Packed lunch provided.  
Guide onboard plus music, song and poetry.
- 4.30pm** Bangor Abbey Talk by Canon Ronnie Nesbitt  
followed by tour of Abbey Graveyard  
by Dander Down Tours.

## Bangor

Saturday 24  
- Sunday 25  
September  
2022

## Sunday 25 September 2022

- 11.35am** Guided Columban Way Walk.  
Meet at Helen’s Bay Train Station at 11.35am.  
The 5 mile walk will follow the coastal path from  
Helen’s Bay to Bangor.
- 3.00pm** Talk on Bangor Saints Icons at St Comgalls’s Church,  
Brunswick Road.

All events are free of charge made possible by a grant from the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media in partnership with Myshall Muintir Na Tire and Friends of Columbanus Bangor.

To book, please email -  
[info@friendsofcolumbanusbangor.co.uk](mailto:info@friendsofcolumbanusbangor.co.uk)  
stating which events you wish to attend.

For further information, please visit -  
[www.friendsofcolumbanusbangor.co.uk](http://www.friendsofcolumbanusbangor.co.uk)

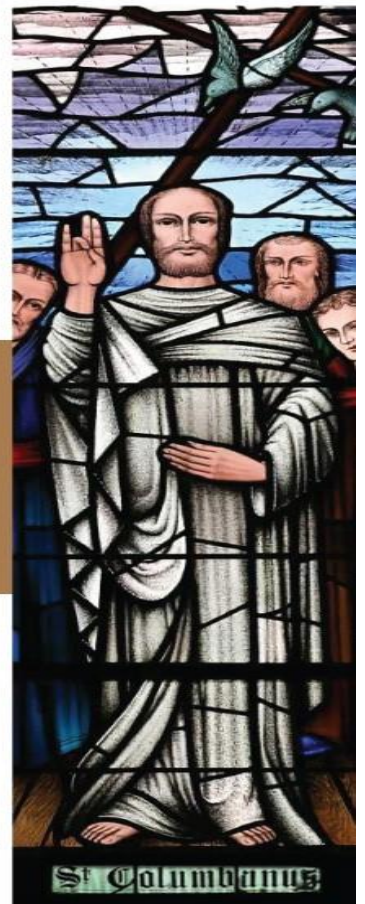


An Roinn Turasóireachta, Cultúir,  
Ealaíon, Gaeltachta, Spóirt agus Meán  
Department of Tourism, Culture,  
Arts, Gaeltacht, Sport and Media

**Myshall Muintir Na Tire**  
Working for community since 1948

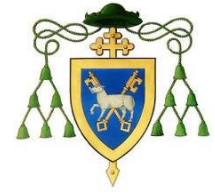


CARLOW COUNTY COUNCIL  
COMHAIRLE CHONTAE CHEATHARLOCHA



# **JOB VACANCIES IN DOWN AND CONNOR DIOCESE**

***Down and Connor Diocesan Trust is an Equal Opportunities Employer***



## **1. 'EXECUTIVE SUPPORT OFFICER'**

An exciting opportunity has arisen for the recruitment of an Executive Support Officer, to join the Down and Connor Diocesan Trust team based at 75 Somerton Road, Belfast, BT15 4DE. You will be required to provide a full portfolio of support to the Bishop of Down and Connor, Senior Clergy and the Management Team, by way of expert secretarial, clerical, administrative and diary management services.

If you are an individual with excellent communication skills and the ability to deal with sensitive and confidential matters in a professional manner, then we see this as a unique opportunity to join the Down and Connor Diocesan Trust Team.

The terms are based on a permanent appointment for 35 hours per week. Monday to Friday from 9.00am – 5.00pm; additional out of hours may be required from time to time.

Salary: Will be considered within the range of £27,000 to £30,000 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 and [nijobs.com](#) websites, 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 6th October 2022**

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## **2. DIOCESAN ASSISTANT FINANCE OFFICER X 2**

An opportunity has arisen within our Finance Team to recruit two Diocesan Assistant Finance Officers, who will be required to provide guidance on financial accuracy, internal controls, and regulatory compliance across the Parish network. We see this as an exciting and challenging opportunity to play an integral part of the Diocesan Finance Team, where the role holders will have responsibility for delivery of annual Parish Statutory accounts, on-site audit support and training across our Parishes.

This is a hybrid role to be based at the Curia Office, 75 Somerton Road, Belfast, BT15 4DE, but you will also be required to work across the Parish Network, along with an element of Homeworking.

The terms are based on a permanent appointment for 35 hours per week. Monday to Friday from 9.00am – 5.00pm.

Salary: Will be considered within the range of £25,000 to £35,000 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 and [nijobs.com](#) websites, where terms and conditions relating to the role can also be accessed by way of a Role Profile and Employment Application form.

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**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](http://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.



### 26<sup>th</sup> Sunday of the Year – 25 September 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](http://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!

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

## CALENDAR OF SAINTS DAYS

### SEPTEMBER 2022

<b>Monday 19 September</b> Saint Januarius, Bishop & Martyr	<b>Monday 26 September</b> Saints Cosmas & Damian, Martyrs
<b>Tuesday 20 September</b> Saint Andrew Kim Tae-gon & Companions, Martyrs	<b>Tuesday 27 September</b> Saint Vincent de Paul
<b>Wednesday 21 September</b> Saint Matthew, Apostle & Evangelist	<b>Wednesday 28 September</b> Saint Lawrence Ruiz & Companions, Martyrs
<b>Friday 23 September</b> Saint Pius of Pietrelcina, Priest (Padro Pio)	<b>Thursday 29 September</b> Saints Michael, Gabriel & Raphael, Archangels
<b>Saturday 24 September</b> Blessed Virgin Mary	<b>Friday 30 September</b> Saint Jerome, Priest & Doctor
<b>Sunday 25 September</b> 26 <sup>th</sup> Sunday of the Year	<b>Saturday 1<sup>st</sup> October</b> Saint Therese of the Child Jesus, Virgin & Doctor

**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](http://www.knockshrine.ie)

#### **One Day Retreats at Lough Derg**

One Day Retreats have resumed on Lough Derg, and continue on selected dates until the end of September:

#### **September 24 & 25**

*Booking is essential.* Admission fee of €45pp includes all refreshments, lunch, return boat service, full retreat programme, free car & coach parking. Boats available from 9.15am on the day; retreat begins at 10.30am until 4.30pm. For booking and further information: by phone +353 (0)71 9861518 online: [www.loughderg.org](http://www.loughderg.org) email: [info@loughderg.org](mailto:info@loughderg.org)



#### **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.4ni.co.uk/c/40788/accord-ni-catholic-marriage-care-service-crossgar>  
<http://www.facebook.com/accordmarriagecare>

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

- Online at [www.trocaire.org](http://www.trocaire.org).  
T: 0800 912 1200 (NI)
- By post:  
Trócaire, 50 King Street, Belfast, BT1 6AD (NI).

**Special Belfast Pilgrimage to Fatima at Easter 2023** ex Dublin, Departing Wednesday (Holy Week) 5<sup>th</sup> April 5 nights. Full Easter ceremony and tour of Lisbon. Optional tour to seaside on Easter Saturday. Contact James Treacy 0035361921470

**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.

**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](http://www.med-irishcentre.com) For more details tel. 00353 1443 4510 or email [reservations@med-irishcentre.com](mailto:reservations@med-irishcentre.com)

**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:** 1<sup>st</sup> 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.



**FRI 23 SEPT at 7.30pm.** Event to raise awareness for Children in Crossfire. An Evening with Richard Moore, Carnalea Golf Club, Bangor. Buffet Included. We invite you to come and experience the work we do. Let us know if you can come along through our Facebook Event Link: <https://fb.me/e/2EemRH1Cv> or by emailing [shauna.oneill@childrenincrossfire.org](mailto:shauna.oneill@childrenincrossfire.org). Event is free of charge to attend with opportunity to donate on the night.

**SAT 24 SEPT 2022** - Volunteers Training Course Starts. Open to all! Viatores Christi, a faith-based development organisation has specialised in the recruitment, training and deployment of overseas volunteers since 1960. VC runs an online volunteer preparation course covering Community Development, Health, Global Awareness, Mission, etc. This is open to all! Once completed, participants can be considered for volunteer roles through VC volunteer programmes. This will also suit those working on Ireland based community projects too. If you want to know more, **click here** or visit the News section of our website [www.vcvolunteers.ie](http://www.vcvolunteers.ie) or email [venture@viatoreschristi.com](mailto:venture@viatoreschristi.com)

**SAT & SUN 24-25 SEPT.** FOC in conjunction with Myshall, Co Carlow near the birth place of Columbanus have organised two complementary events to encourage sharing our Christian Heritage. Both are supported by community grant aid so only the travel and overnight are involved in the Myshall /Carlow trip on 8th October, and no charge for the Bangor element 24/25th Sept. Please see below for poster for details and please book the events you would like to join in. [8OCT poster on website on Bulletin Page]

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**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](mailto:admin@dromantineconference.com)

**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)

**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 (**September 24**, October 29 and November 26.) Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669 or email [belfastbe@yahoo.com](mailto:belfastbe@yahoo.com)

**SAT 1 OCT from 10am to 4pm.** Antiques Sale in Holy Family Parish. Come along and support our Parish, at a sale of antiques and collectables in Holy Family Parish Centre, 118-120 Cavehill Road, Belfast, 10am- 4pm. A varied selection of antiques and collectibles will be on sale, and refreshments will be served.

**SAT 8 OCT from 10.30am to 4.30pm.** 'Liturgy after Covid – Approaches to Liturgy in light of our experience of the Pandemic' A one-day Seminar hosted by Down and Connor Liturgy Commission. St Brigid's Parish Hall, 38 Derryvolgie Avenue, Belfast, BT9 6FP. Registration 9.30am. Seminar 10.30am to 4.30pm.

The Diocese of Down and Connor Liturgy Commission warmly invites clergy, permanent deacons and those in liturgical ministry, in particular Ministers of the Word, Extraordinary Ministers of Holy Communion and members of Parish Pastoral Councils in the Diocese of Down and Connor to attend this Seminar. The cost is £10 per person and tea/coffee will be provided. Please bring a packed lunch. To help with seating and other arrangements it will be helpful to have approximate numbers and so if you plan to attend, please contact Malachy McKeever by e-mail at [liturgy@downandconnor.org](mailto:liturgy@downandconnor.org)

**SUN 9 OCT at 2.45pm.** Legion of Mary Annual Rosary Procession. Please assemble at St John's Church, Falls Road Belfast at 2.45pm. Leaving at 3.00pm processing to St Michael's Church, Finaghy Road North for Benediction. Come and join us...

*"There is no problem, no matter how difficult, that the rosary can't solve"* Sister Lucia, Fatima.

**SUN 9 OCT at 2.30pm.** COASTAL ROSARY FOR FAITH & LIFE IN IRELAND - Join thousands of people from around Ireland to pray the Rosary for Life and Faith at our coasts, grottos, rivers, churches, and other suitable places. Simply sign up a Rosary location at [www.coastalrosaryireland.ie](http://www.coastalrosaryireland.ie)

## Tobar Mhuire Retreat and Conference Centre

For further information on any of the courses or booking please telephone 028 4483 0242 or send a direct message on our Facebook page. <https://www.facebook.com/tobarmhuirepassionists>

### Directed Retreat

Tobar Mhuire invites individuals, seeking to take time out to rest, reflect and be refreshed through private prayer, to a residential directed retreat in a calm and reflective atmosphere with Timothy Ray (Tobar Mhuire's writer-in-residence, an Ignatian spiritual director and author of eight books on Celtic spirituality).

These retreats will include daily liturgy, one-to-one spiritual conversations with your spiritual director, and opportunities for communal faith-sharing and enjoying the hospitality, environs and grounds of Tobar Mhuire.

Sunday pm, November 13 – Friday am, November 18  
Charge: £495.00 (full board)

### Refresher Days for those in Ministry

**COME ASIDE AND REST A WHILE** for clergy and those in ministry facing ever increasing stress and pressure to deal with heavier workloads and expectations. Tobar Mhuire will host a series of three day short breaks to invite clergy and those in ministry to take time out to rest, reflect and be refreshed.

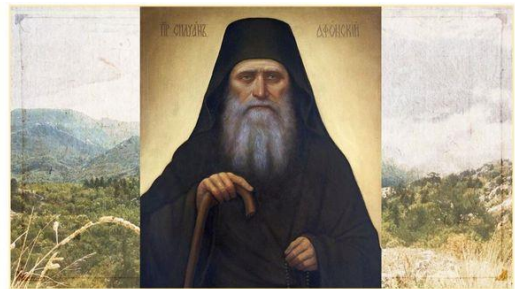
These residential experiences will include an input each day (see below), an opportunity for individual/group reflection as and if desired, good food, shared prayer and a chance to enjoy a good walk!

These days will be facilitated by Timothy Ray, Tobar Mhuire's writer-in-residence, the author of eight books on Celtic spirituality, and an Ignatian spiritual director.

Inputs will be based on the theme of the *Three Pillars of the Spiritual Life*, exploring three practices which support and sustain a dynamic spiritual life: interior calmness (remaining mindful of the consequences of one's daily actions), reflective vigilance (learning the patterns of God's activity in one's life), and active contemplation (becoming contemplative while involved in one's daily life).

25<sup>th</sup> – 27<sup>th</sup> October: open to everyone engaged in ministry  
Charge: £250:00 per person (full board)

On **Saturday, September 24**, we celebrate the memory of ST. SILOUAN OF ATHOS, ONE OF THE GREATEST SAINTS OF THE TWENTIETH CENTURY. In the words of St. Nikolaj Velimirovic, *"There is only one thing to say about this remarkable monastic: the sweetest of souls! One conversation with Father Silouan was enough to make anyone grow fond of him. 'The Lord loves us inexpressibly,' he used to say to everyone."* The simplicity of his communion with God and his evangelical, child-like faith touch hearts. Behind it, however, there is a half-century's worth of ascetic labour. What brought Father Silouan to Athos? What were the words the Lord spoke when He appeared to the young ascetic?



Find out from our article: [press image to open link...](#) 

 [LEARN ABOUT THE LIFE OF SAINT SILOUAN](#) 



WITH LOVE AND GRATITUDE IN CHRIST,  
SR ANASTASIA AND THE SISTERS OF ST ELISABETH CONVENT



  
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INTENTION





## AID TO THE CHURCH

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### Icon of Our Lady of Sorrows, Consoler of Syrians, pilgrimage ends

**IN 2019, AN ICON OF OUR LADY OF SORROWS, CONSOLER OF SYRIANS, BEGAN A PILGRIMAGE OF DIOCESES IN SYRIA AFTER BEING BLESSED BY POPE FRANCIS. THIS PILGRIMAGE IS DUE TO END ON THURSDAY, 15 SEPTEMBER.**

By María Lozano

Pope Francis blessing the Icon of Our Lady of Sorrows, Consoler of Syrians, at the Vatican. (Credit: Aid to the Church in Need)

Thursday 15 September, Feast of Our Lady of Sorrows, will mark the end of the **"Console your People"** initiative, to beg for peace in Syria and for the protection of all Christians in that country, which was promoted by pontifical foundation Aid to the Church in Need (ACN).

**The idea received the support of Pope Francis, who on 15 September 2019 blessed the Icon of 'Our Lady of Sorrows, Consoler of the Syrians', to be sent on pilgrimage to the 34 Catholic and Orthodox dioceses of Syria.**



Three years later the peregrination will reach its **conclusion during a procession through the city of Homs**, which suffered terribly in the first years of the war.



The Icon of Our Lady of Sorrows, Consoler of Syrians. (Credit: Aid to the Church in Need)

The official programme will **begin in the Syriac Orthodox cathedral of Al Zinnar** and end with a liturgical celebration during which the different Christian denominations will pray together in the **Melkite Cathedral of Our Lady of Peace, which was rebuilt thanks to support by ACN after peace returned to the city.**

The celebration will be attended by **Melkite** Archbishop Jean-Abdo Arbach, **Syriac Orthodox** Archbishop Timotheus Matta Alkhouri,

**Greek Orthodox** Archbishop George Abu Zakhem, and **Syriac Catholic** Archbishop Rami Kabalan. ACN will also be represented in Homs by, among others, **Executive President Thomas Heine-Geldern** and **Father Andrzej Halemba**, former project director for the Middle East, who came up with the initial idea for the pilgrimage. **Father Spiridon Kabbash, the Greek Orthodox priest from Homs who was entrusted with writing the icon especially for this occasion, will also be in attendance.**

**The next day, 16 September, the icon will be taken to the monastery of Saint Elijah, in Rableh, where it will be enthroned.** Over one thousand pilgrims are expected to attend. During the ceremony the president of ACN will place **at the feet of Our Lady a book with a list with the names of the 1,271 Christians who were killed** in the war between 2011 and 2022, according to data collected by Father Andrzej Halemba for ACN.

The final ceremony of the pilgrimage had to be postponed several times due to the pandemic. During this time the icon was safeguarded in the Carmelite Monastery of Aleppo.

The Syrian War has been going on for close to eleven and half years, and has caused at least **6.7 million internally displaced people, and another 6.6 million refugees**, according to UN figures.