

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

Eighth Sunday in Ordinary Time, Year A – 26 February 2023 –

Your prayers are requested for

Anniversaries:

Derek Morgan, Tony Hill, Thomas Donohue, Kay Mackenzie, Bernie Digney, Elizabeth Dickson, John Robinson, Kathleen McMahan, Margaret Worland, Irene Thompson, Brian O'Connor, Phil Trist, Marie Leavey, Margaret Murphy, Kevin O'Kane, Grace McBride, Brendan Barr, Peter Thompson, Jerry Carr, Ellen Mallon, Kathleen McCann.

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

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Holy Hour in St Comgall's Donaghadee – every 2nd Sunday in the month @ 2.45pm

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

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

St Vincent de Paul Helpline 077 0367 9384 & 07703 679389

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.

Due to the increased volume of calls being received by the two St Vincent de Paul (SVP) Conferences in Bangor, we have decided to introduce two separate telephone number with effect from **1 March 2023**.

Bangor Conference (covering Bangor West, Clondeboye/Newtownard Road area, Kilcooley, Helens Bay and Crawfordsburn) will continue to use the existing number - **07703679384**.

Ballyholme/Donaghadee Conference (covering Bangor city centre, Bangor East/Ballyholme, Balloo/Bloomfield Road area, Conlig/Breezmount, Groomsport, Donaghadee and Millisle) will have a new number - **07703679389**.

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

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 26th February 2023 @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Sat Vigil 25th February @ 6.30pm and
Sunday 26th February @ 10am & 12noon

MASS TIMES FOR:

DAILY MASS NEXT WEEK – 27th February to 3rd March

Morning Mass:

Monday to Friday at 9.30am

A number of Masses including funerals are recorded.

These can be accessed by clicking on the link below:

www.churchservices.tv/bangor

Solemn Adoration of the Blessed Sacrament takes place every Monday. Adoration will last from after Morning Mass until **4.00pm**

St Colmcille's Church, Holywood – Series of Talks.

The last talk in our monthly series will be given by Deacon James McAllister on Wednesday 22nd March at 7pm. He will tell us about his faith journey and the Ministry of the Diaconate.

Finally, we have the parish email address working again after 3 weeks.

All correspondence to email:

bangor@downandconnor.org

Many thanks for your patience.

This is a 4 page Newsletter.

New & Existing Altar Servers welcome!
Parents please give your details into the parish office during office hours or by email. Many thanks.

Bethany Bereavement Support Group
we are here to support and listen.
Confidential. New No.
07732 513400

BAPTISM REGISTRATION

Please register online SIDE BAR under 'Baptism Registration'

PARISH CENTRE – PARISH GROUPS 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
BRIDGE CLUB at 7.15 until 9.45pm	FRIENDSHIP CLUB at 10.00am	MENCAP Every fortnight at 6.00pm	St Comgall's Guide Unit (Girls aged 6-18) at 6.30pm
YOUTH CLUB 6.30pm – 8.30pm	IRISH DANCING CLASSES at 6.00pm	YOUTH CLUB 6.30pm – 8.30pm	IRISH CLASS & CEILI DANCING at 7.00pm
LECTIO DIVINA GROUP 7.30pm – 8.30pm [St Dymrna's Room]	SENIOR CHOIR Starting 11 th October at 7.30pm	BADMINTON Every fortnight at 8.00pm	

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'



Beloved Disciples
Spirituality for the
Autumn of Life

"Old age, is where wisdom is woven, which in turn illuminates the lives of younger generations and the entire community."
Pope Francis

Why not take some time this February/March to join us for the Beloved Disciples Programme which explores and celebrates the gifts that older people bring to our Church community. The programme for women, will begin on Friday 10th February at 11:00am at **Living Church 120 Cliftonville Rd, Belfast**, and will conclude on Friday 3rd March. Each session will be approximately one hour long and will be facilitated by Fr Paul Byrne from the Living Church Office. We look forward to welcoming you!

To Book Contact Claire: Email: livingchurch@downandconnor.org Tel: 028 9069 0920

POETRY AND PRAYERS – A MONASTIC TRAIL AROUND LOUGH NEAGH

We are pleased to announce that we have two tours available for public booking for this new spiritual tour, led by Jim Deeds and Christine Doherty. The dates are **March 4th 2023 and March 25th 2023**. Cost per person is £80, inclusive of coach transfer to and between 3 Monastic sites, tea/coffee at the Lock Keeper's Cottage in Toomebridge, evening meal in Benburb Priory, historic information and spiritual guidance. **Coach pickup is at Castle Mall car park, Antrim at 10am, returning by 6pm on Saturday March 4th and 25th 2023.**

Email poetryandprayers@hotmail.com to book a place, specifying how many people you would like to book for and which date/s you would like to go on.

ONE VACANCY - PARISH CENTRE CLEANER, BANGOR PARISH

We are seeking to recruit 1 Parish Centre Cleaner within Bangor Parish, (St Comgall's Parish Centre, Brunswick Road, Bangor). The post holders will be required to provide an efficient and comprehensive cleaning service to the Parish to ensure the Parish Centre is clean, tidy and in an orderly condition at all times. The terms of each role are based on a permanent appointment requiring 8 hours attendance each week, work pattern to be agreed. Ability to work flexible hours is required from the post holders from time to time. Rate of Pay - £9.50 gross per hour.

Full details relating to the vacancy can be found on the Diocesan website at: <http://www.downandconnor.org> clicking on the tab: **JOB VACANCIES** and on the Community NI website, where terms and conditions relating to the role can also be accessed by way of a Role Profile and Employment Application form. Application packs can also be obtained from the Bangor Parish Office. We welcome applications from anyone who feels they meet the criteria and are interested in playing an active part in the Parish. *Down and Connor Diocesan Trust is an Equal Opportunities Employer*

NURSES WILL YOU LEND US A HAND?

The Down & Connor Diocesan Pilgrimage to Lourdes is seeking volunteer registered nurses for our pilgrimage from 12th to 17th July 2023. Working with other volunteer doctors and nurses in a specially designed care setting, you will be part of a very special and faith filled community. For more information, please email your contact details to lourdes@downandconnor.org

Please support our

TROCAIRE COFFEE MORNING

in aid of the victims of
the Earthquakes on
Sunday 12th March
after both Masses,
great ballot prizes!

Ards CCE St Patrick's Concert of music / song / dance St Patrick's Hall Newtownards. Sunday 12 March - 4-6 pm. Tickets available Thomas shop £5. Cap on the wall and guests. St Patrick's night 17th March, at 7.30 pm, St Comgalls Parish Centre Bangor. Evening of great music/ song/ dance. Tickets £10 Thomas shop or through eventbrite. (kids free with a paying adult) Licensed bar, great ballots.

DIOCESAN NOTICES:

▪ **BEGINNING EXPERIENCE IS A PEER MINISTRY**

to the bereaved, separated and divorced, based within the Family Ministry of the Diocese of Down and Connor. The loss of a partner through death, separation or divorce is devastating. Beginning Experience is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast on **March 18th** 2023. Booking essential. Residential weekend in Drumalis, Larne, 10/12th March. To find out more, contact Phil: [02890 207645](tel:02890207645) or Marie [07896119669](tel:07896119669) or email belfastbe@yahoo.com

OTHER NOTICES:

▪ **NI CANCER PILGRIMAGE TO LOURDES, Sun 28 May to Fri 2 June 2023**

The price of £799 (with price reduction for Cancer Patients) will include: Return flights from Belfast International Airport, operated by Northern Star Travel Ltd. Full board and accommodation at the Hotel Agena in Lourdes for five nights based on twin/double/triple rooms. Service of JWT guides in Lourdes. The party will consist of patients, ex-patients, relatives and friends accompanied by medical, nursing and other staff. To enquire or to obtain a booking form please speak to a member of the committee on Tel. [07846 88388](tel:0784688388) or email mail@nicancerpilgrimage.org.uk

▪ **COLUMBANUS ACROSS EUROPE**

Dear Friend of Columbanus Bangor, An Italian Columbanus friend sent me the link below which is a beautifully illustrated copy of a children's book written by Giovanni Caselli about the journeys of Columbanus across Europe through the eyes of a young trainee monk called Finbar. <https://rotharroutes.com/wp-content/uploads/2015/09/columbanus.pdf>

▪ **FOSTER CARE SERVICES AND SUPPORT**

'There are children in crisis today in our local communities – children of all ages and all abilities. Can you spare an hour a day, an overnight or a weekend or more to make a difference in a child's life? If you can, then contact the Regional Fostering Team at www.adoptionandfosteringcare.hscni.net or on 0800 0720 137....remember ,every child is just one caring adult away from success'.

DROMANTINE RETREAT AND CONFERENCE CENTRE

LENTEN REFLECTION DAY

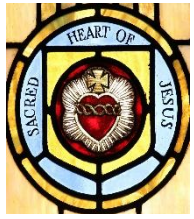
Saturday 4th March 9.30am – 5.00pm

'**DIFFICULT PEOPLE**' *How to bring out the best of people at their worst.* Saturday, 11 March (9.30am - 4.30pm) £40 Please contact Jacinta or Louisa to reserve your place: TEL: 028 (048 from ROI) 3082 1964 EMAIL: admin@dromantineconference.com

Kindfulness... a gifted way of living my life. An opportunity for time aside to reflect on the Season of Lent and to open our minds and hearts afresh to celebrate Holy Week and Easter. **Led by Fr. Damian Bresnahan SMA** Cost (including lunch) £35/€40

DANCE OF LIFE RETREAT

Friday 17th March (5.00pm) – Sunday 19th (2.00pm) In this retreat the opportunity to dance may bring a renewed awareness in your sense of self, connection with others and connection with God. **Led by Sr. Mary Taylor OLA and Fr. Damian Bresnahan SMA** Cost £220/€250



8th Sunday in Ordinary Time, Year A – 26th February 2023

Lord Jesus, you have said, 'Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you.' I come to you in faith and trust, in love and hope. Let me know your closeness to me and your care for me and for all who are dear to me.

My intention: Hear my prayer (*mention intention*); grant what I ask, and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour. And so, Most Sacred Heart of Jesus, I place all my trust in you.

Penitential Act: I confess to the almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

PRAYERS AT HOLY COMMUNION

Spiritual Holy Communion Prayer

My Jesus, I believe that you are present
in the most Blessed Sacrament.
I love you above all things and
I desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you have already come,
and unite myself wholly to you.
Never permit me to be separated from you.
Amen.
composed by Saint Alphonsus Liguori

ANIMA CHRISTI

Prayer to the Most Holy Redeemer

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, embolden me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me.
Never permit me to be separated from you.
From the evil enemy defend me.
At the hour of my death call me
and bid me to come to you,
that with your Saints I may praise you
for age upon age. Amen

Prayer Online: Come and join us at... www.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

FEBRUARY/MARCH 2023

Sunday 26 February

1st SUNDAY OF LENT

Sunday 5 March

2nd SUNDAY OF LENT

Tuesday 7 March

Saints Perpetua & Felicity, Martyrs

Wednesday 8 March

Saint John of God, Religious & Saint Senan, Bishop

Thursday 9 March

Saint Frances of Rome

Saturday 10 March

Saint Aengus, Bishop & Abbot

Sunday 11 March

3rd SUNDAY OF LENT

Monday 12 March

The Anniversary of the election of Pope Francis

Friday 18 March

Saint Patrick, Principal Patron of Ireland

Saturday 19 March

Saint Cyril of Jerusalem, Bishop & Doctor

NOTICE FOR NEW AND EXISTING ALTAR SERVERS – BANGOR PARISH, St Comgall's Church, Brunswick Road
It is hoped to revive the custom of having Altar Servers at Mass. The parents of any interested boy or girl who is aged 8 or over and who has received their First Holy Communion are asked to leave the name and the contact details **of a parent/guardian** in the parish office in person before 1pm Monday to Friday or by email on bangor@downandconnor.org Details concerning training will be announced later.