

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.

13th Sunday of the Year – 26 June 2022 –

Your prayers are requested for

Recently Deceased: Anne Taylor,
Johnny Griffin (Florida)

Anniversaries:

Sammy Dorrian, Kerry Rafferty, Sean Magee, Angela Crawley-Smith, Alistair Linehan, John McManus, Julia & Victor Hollywood, John Simpson, Sheila Leslie, Robert Lennon, Jim Devine, Evelyn Walls, Margaret Beck, Mary Starkey.

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.

BAPTISM REGISTRATION

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

SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 26th June @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 25th June @ 6.30pm

Sunday 26th June @ 10am & 12noon

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

DAILY MASS NEXT WEEK – 28th June – 1st July

Morning Mass: Tuesday to Friday at 9.30am

Requiem Mass – Anne Taylor, Monday 27th June at 10am

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.

Ards CCE

Trad Music Summer Workshops

1st /2nd July St Comgalls Primary School
Bangor for all abilities and beginners welcome,
for ages 6-17 years.
More info Niall Mc Clean
07960072218

PRAYING WITH THE ICONS

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

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

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

AT A GLANCE – NEWS ITEMS IN THE PARISH AND AROUND THE DIOCESE

Wed 1 June until Mon 15 August

(Sat 13th Aug is final day to begin the Pilgrimage). Lough Derg Three Day Pilgrimage. All booking info, www.loughderg.org, e: info@loughderg.org or t: (0353) 71 9861518.

Wednesday 29 June

Join a Mary's Meals Bangor Volunteer Group – meeting at 7pm in the Parish Centre, Brunswick Rd. All interested individuals are invited to this meeting.

Saturday 2 July

All-Ireland Rally for Life takes place in Dublin on Make a stand to protect Ireland's unborn babies. Coaches travelling from towns across Northern Ireland. Book your seat today. Contact 02890278484/ 07592280522.

Monday 8 Aug – Fri 12 August

Singing for Boys, St Dominic's Grammar School. Email Mr James McConnell at schola@downandconnor.org Cost: £35 - Scholarships are available on request.

Dromantine Retreat and Conference Centre

TEL: 028 3082 1964 E:

admin@dromantineconference.com

Friday, 19 August (5pm) - Sunday, 21 August (2pm) - THE LONG

GOODBYE *Practical advice for caregivers of people living with dementia*

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.*

Pilgrimage to Fatima – 2022, Down and Connor Diocese 8 - 15 SEPTEMBER 2022 |

For Bookings contact: Joe Catney 028 9071 4001 / 07776 425631 or Fr G McCloskey PP 028 4484 1208

Diocesan Pilgrimage to Lourdes 2022: Wed 13 – Monday 18 July

Full board in hotel: 5 nights (13-18 July) For further info contact the Pilgrimage Office on (028) 9077 0162 email: lourdes@downandconnor.org www.downandconnor.org/Lourdes

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

A Journey Of Faith, Hope And Joy With St Patrick....

Poor Clares Sr Martina Purdy and Sr Elaine Kelly will lead you on an amazing five day pilgrimage that includes guided walks to sites associated with St Patrick in County Down. Downpatrick 02844 619000 Please see link below for more details.

[Saint Patrick Centre – Welcome to the Home of Saint Patrick](#)

BEGINNING EXPERIENCE is

offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast. Contact: 02890 207645 or Marie 07896119669

TRIP TO ITALY

Newtownards and Comber Parish Pilgrimage to Rome, Assisi and Loreto, September 12-19 2022. **Less than ten places** on this beautiful trip remaining to be filled. Please contact Kieran or Laura on **00353 57 9355050 (mornings only)**, or email: info@myriam.ie

PARISH NOTICES

Unused Bicycles For Charity

The Rotary Club of North Down supports a Belfast charity, Bike Aid Africa. Contact: Greg McCourt – 07774672445

Ards CCE - Trad Music Summer Workshops. 1st /2nd July

St Comgalls Primary School Bangor for all abilities and beginners welcome, for ages 6-17 years. More info: Niall Mc Clean 07960072218

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.

Saturdays 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.

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.

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:(00353) 4 29331602 9am – 9pm Daily** - One of the sisters will be happy to Listen and Pray with you

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

www.bangorparish.com

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

DIOCESE OF DOWN & CONNOR Singing for Boys, Summer 2022 Monday 8 August – Friday 12 August 2022 St Dominic's Grammar School, 135 Falls Road, Belfast BT12 6AE. The 5-day course is aimed at boys aged 8–16 who want to improve their singing voice and musical skills. It is ideal for boys who have a passion for music and want to take their singing training to the next level. The week concludes with a showcase in St Peter's Cathedral to which parents/guardians are invited to attend. The Guest Tutor is musical director, composer and voice consultant Matthew Reeve. Email Mr James McConnell at schola@downandconnor.org for an application or contact Cathedral House, St Peter's Square, BT12 BU. Cost: £35 - Scholarships are available on request.

Join a Mary's Meals Bangor Volunteer Group

Volunteers are at the heart of our work of feeding 2.2 million children with a daily meal in their place of education. Would you be interested in volunteering a little time to spreading the word and raising funds locally for the life-changing work of Mary's Meals.

All interested individuals are invited to a meeting in the Parish Centre this **Wednesday 29th June at 7pm**. Join us to hear more about our work and how you can get involved. For more details contact Caoimhe on 07394564065 or email caoimhe.mccann@marysmeals.org

UNUSED BICYCLES FOR CHARITY

The Rotary Club of North Down supports a Belfast charity, Bike Aid Africa, which collects second hand bicycles of all sizes, repairs and refurbishes them and then forwards them to a country in Africa for use by people of all ages as their only means of transport, e.g. to get to work or go to school. At the end of June, it will be sending a container of bicycles to Madagascar. If anyone has a bicycle no longer in use, please phone Greg McCourt on 07774672445 who will be pleased to collect it and delivery it to this worthy charity.

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

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

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 E: lourdes@downandconnor.org

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

www.bangorparish.com

LOUGH DERG THREE DAY PILGRIMAGE runs Wed 1st June until 15th August (Sat 13th Aug is final day to begin the Pilgrimage). Admission €80 | Booking advised | Concessions available for students, seniors and groups. All booking info, including organised parish groups available at www.loughderg.org, email info@loughderg.org or telephone 0(0353) 71 9861518. *Lough Derg, Pettigo, Co Donegal, F94 N289*



CALENDAR OF SAINTS DAYS

JUNE 2022

Thursday 23 June The Nativity of St John the Baptist	Tuesday 28 June Saint Irenaeus, Bishop & Martyr
Friday 24 June The Most Sacred Heart of Jesus World Day of Prayer for Priests	Wednesday 29 June Saints Peter & Paul, Apostles
Saturday 25 June The Immaculate Heart of Mary	Thursday 30 June The First Martyrs of the Holy Roman Church
Sunday 26 June 13 th Sunday of the Year	Friday 1 July Saint Oliver Plunkett, Bishop & Martyr
Monday 27 June Saint Cyril of Alexandria, Bishop & Doctor of the Church	Sunday 3 July 14 th Sunday of the Year

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!

Saturdays 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.

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 Saturday – 25 June. Booking essential. To find out more, contact Phil: 02890 207645 or Marie 07896119669.

All-Ireland Rally for Life takes place in Dublin on **Saturday 2nd July**. Make a stand to protect Ireland's unborn babies. Coaches travelling from towns across Northern Ireland. Book your seat today. Contact 02890278484/ 07592280522.

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.

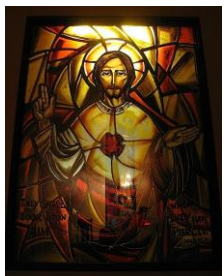
The Society is always on the lookout for new Members, and if you are interested and can spare a few hours per week please speak to a Conference Member, or leave your name and contact number on the Helpline and we will return to you promptly. You will be warmly welcomed and full training will be given.

***We can now accept donations of Good quality furniture –
please call our Helpline or speak to a member of the Society.***

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).

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



13th Sunday of the Year – 26th June 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

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](tel:00353429331602) 9am – 9pm Daily - One of the sisters will be happy to Listen and Pray with you

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.



A JOURNEY OF FAITH, HOPE AND JOY WITH ST PATRICK....Come and be refreshed on ancient paths in the cradle of Christianity in Ireland. Poor Clares Sr Martina Purdy and Sr Elaine Kelly will lead you on an amazing five day pilgrimage that includes guided walks to sites associated with St Patrick in County Down. Stay in Tobar Mhuire Retreat Centre, visit with monks along St Patrick's Way, and capture the joy of the first Christians in Ireland. From £798 all inc meals, transport, activities. Details www.saintpatrickcentre.com or call centre Downpatrick 02844 619000.

A special edition of *Sharing the Good News* on the Synodal Pathway. In this issue, we profile Dr Nicola Brady's cover story interview from the June issue of *Intercom* magazine. This special edition also includes a piece on the Day of Prayer on Sunday 5 June which is being offered in thanksgiving for the Diocesan Phase of the Universal Synod. We also invite people to pray for the National Pre-Synodal Assembly taking place in Athlone and Clonmacnoise on Saturday 18 June. Also be available on www.synod.ie and on www.catholicbishops.ie.

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

Eyewitness priest describes Nigeria attack

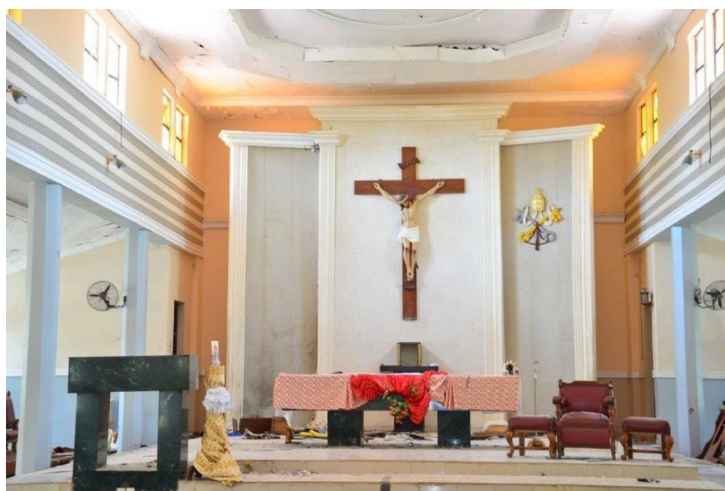
FATHER ANDREW ADENIYI ABAYOMI SPOKE WITH PATIENCE IBILE FROM ACN ABOUT THE ATTACK AT ST. FRANCIS XAVIER CHURCH IN OWO ON PENTECOST SUNDAY.

By ACN Staff

The church after a terrorist attack in Nigeria.
(Credit: Aid to the Church in Need)

Father Andrew Adeniyi Abayomi is the associate pastor at St Francis Xavier church in Owo, Ondo State, Nigeria.

This is the same church that was attacked on Pentecost Sunday, 5 June, resulting in the **deaths of 41 Catholics**. Dozens more have been injured. Father Andrew said his congregation believes that around four to six attackers targeted the church.



Father Andrew Adeniyi Abayomi. (Credit: Aid to the Church in Need)
Father Andrew explains where he was when he realised that the church was under attack:

*"I was still in the sanctuary. I had finished the Mass and was putting incense in the thurible, to prepare for the procession outside the church. **That was when I heard a noise.** I thought it was a door slamming, or that someone had fallen, or seen a snake, because that has happened before.*

*But then I heard a second loud noise, and **I saw parishioners running in different directions in the church.** I stood there in shock, wondering what was going on, when someone ran to me, yelling: '**Father, unknown gunmen!**'"*

Father Andrew told us that some of the parishioners managed to close the church doors and lock them. **Father Andrew called on the congregation to take shelter in the sacristy from the bullets being fired into the church.** Father Andrew stayed in the sanctuary while his congregants began to move towards the sacristy. There were so many children around the priest that he could not move properly. **Despite this, he tried to protect his parishioners from the bullets with his body "just as a hen shields her chicks".** During the chaos, Father Andrew heard some of his flock begging him to pray. He told them to remain calm and assured them that he was praying.

During the attack, Father Andrew heard three or four explosions coming rapidly, one after the other. The attack lasted for around 20-25 minutes. Father Andrew directed his congregants to help bring the wounded to the hospital when the attack was over. Father Andrew told us that he does not know who the attackers are. He said that it is believed that some of the attackers hid amongst the congregation before the attack started.

Local bishops visiting those injured in the attack.

(Credit: Aid to the Church in Need)

According to Father Andrew, the biggest needs now are financial and material support to help the victims of the attack and their families, and also more security. The attack on the church lasted for over 20 minutes, and no police or soldiers responded in time. Given their experience, the congregation are understandably frightened. Father Andrew and the other priests of the parish are staying in contact with their parishioners and are making sure to strengthen their faith.



Father Andrew explained that the faith of the people is strong following the attack:

*"From my encounter with parishioners, **I have not seen a loss of faith, but a strengthening.** They are ready and willing to remain steadfast. **I keep praying for them, every day, and Mass is being offered for the intentions of those still in the hospital, to aid their quick recovery. Mass is also being said for the souls of those who died, may they rest in peace.** Finally, Masses are being offered for the intentions of all members of the parish, so that they may remain steadfast in faith and alive in hope."*

Please join Father Andrew in prayer for those who died during the attack, for those who were injured and that his parishioners may remain steadfast in the Faith.