

# 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

## Fifth Sunday in Ordinary Time, Year A – 5 February 2023 –

Your prayers are requested for

**Recently Deceased:** Carol Price  
**Anniversaries:**

Arthur Watson, Catherine & William Quirk, Phil McNally, Laurence Connor, Christine Auld, Esther Hill, Gerry McCready, Kay Magill, Phyllis McCabe, Mary Norrington, Victor McHenry, John Rogan, Michael Coyle, Eileen Rice, Bridget Rice, Margaret & Patrick Shannon, Siobhan Shannon.

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**

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**Holy Hour** in St Comgall's Donaghadee – every 2<sup>nd</sup> 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.

### Update on Repairs to Most Holy Redeemer

The one item of good news is that a new burglar alarm has been fitted. The next of the news is simply frustrating. After having waited for six months for the installation of gas we welcomed the contractors who started their work and ceased almost immediately on discovering that their map of what was under the surface of Lyle Road was incomplete. For fear of cutting electric cables, pipes etc they decided that the road would have to be dug by hand rather than mechanically, to do this they have secured the closure of the road on February 14<sup>th</sup>. In the belief that the gas supply would have been installed the plumber had been engaged to fit a new boiler on the 7<sup>th</sup> February. Not wanting to incur further delay it has been decided to keep to this date. When the gas eventually flows and the boiler is producing heat the process of drying out the church can begin so that the electrical lighting work may be safely carried out and internal plaster work be dealt with. This is as much as I know and I will keep parishioners informed of future progress and catastrophes as they occur. Fr J Gunn.

This is a 5 Page Bulletin. Full Copy Online....

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 5<sup>th</sup> February 2023 @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Sat Vigil 4<sup>th</sup> February @ 6.30pm and  
Sunday 5<sup>th</sup> February @ 10am & 12noon

**MASS TIMES FOR:**

**DAILY MASS NEXT WEEK – 6<sup>th</sup> to 10<sup>th</sup> February**

Morning Mass:

Monday, Tuesday, Wednesday and Friday at 9.30am

THURSDAY 9<sup>TH</sup> FEBRUARY, REQUIEM MASS LEO MCBRIEN AT 10AM

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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 Get-together to Celebrate Our Two Canons!!**

We are having a Celebration in the Parish Centre on Sunday 5<sup>th</sup> February, after 12noon Mass for Canon Joseph Gunn and Canon Daniel Whyte. Music and light refreshments, all welcome!

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

**FRIENDSHIP CLUB**  
reopens on Tuesday 10<sup>th</sup> January 2023

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

**BAPTISM REGISTRATION**  
Please register online SIDE BAR under 'Baptism Registration'

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

**PARISH CENTRE – PARISH GROUPS 2023**

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

**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 Newsletter'

**TWO NEW JOB VACANCIES - PARISH SECRETARY & ACCOUNTS OFFICER, BANGOR PARISH PARISH SECRETARY**

The post holder will be required to: 1) provide confidential, efficient, and effective secretarial support to the Parish Priest, and assistance to visitors and parishioners who visit or make contact with the Parish office. 2) effectively and efficiently manage and maintain the Parish Office. The terms are based on a permanent appointment requiring 15 hours per week, Monday to Friday from 10.00 am to 1.00 pm daily. Rate of Pay - £10.50 gross per hour.

**ACCOUNTS CLERK**

The post holder will be required to: 1) provide accurate, efficient, and confidential financial support to the Parish Priest and Parish Finance Committee. The terms are based on a permanent appointment requiring 15 hours per week on a Monday, Tuesday and Wednesday from 10.00 am to 3.00 pm daily. Rate of Pay - £10.50 gross per hour.

**Closing date for both applications will be 12.00 noon on Thursday 16<sup>th</sup> February 2023**

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**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.

**Closing date for applications will be 12.00 noon on Monday 6<sup>th</sup> February 2023**

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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*

**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](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.

**Loss of a partner through death** separation or divorce is devastating. **BEGINNING EXPERIENCE** is offering 'a weekend away for a lifetime of change' at Drumalis Conference and Retreat Centre, Larne, Friday 10<sup>th</sup> – Sunday 12<sup>th</sup> March 2023. To find out more, contact **Phil: 02890 207645 or Marie 07896119669.**

## DOWN and CONNOR DIOCESAN TRUST

### VACANCY – BANGOR PARISH, 'ACCOUNTS OFFICER' PART-TIME

A vacancy has arisen for a Parish Accounts Officer within Bangor Parish, St Comgall's Parish Office, Brunswick Road, Bangor, BT20 3DS. The post holder will be required to:

- provide accurate, efficient, and confidential financial support to the Parish Priest and Parish Finance Committee.

The terms are based on a permanent appointment requiring **15 hours** per week on a Monday, Tuesday and Wednesday from 10.00 am to 3.00 pm daily. Rate of Pay - £10.50 gross per hour.

**Closing date for applications will be 12.00 noon on Thursday 16th February 2023**

### VACANCY – BANGOR PARISH, 'PARISH SECRETARY' PART-TIME

A vacancy has arisen for a Parish Secretary within Bangor Parish at St Comgall's Parish Office, Brunswick Road, Bangor, BT20 3DS. The post holder will be required to:

- provide confidential, efficient, and effective secretarial support to the Parish Priest, and assistance to visitors and parishioners who visit or make contact with the Parish office.
- effectively and efficiently manage and maintain the Parish Office.

The terms are based on a permanent appointment requiring **15 hours** per week, Monday to Friday from 10.00 am to 1.00 pm daily. Rate of Pay - £10.50 gross per hour.

**Closing date for applications will be 12.00 noon on Thursday 16th February 2023**

### VACANCY – BANGOR PARISH, 'PARISH CENTRE CLEANER', PART-TIME

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.

### VACANCY - DIOCESAN CURIA OFFICE, '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. The Executive Support Officer will be required to provide a full portfolio of support to the present Apostolic Administrator and the future 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. **Closing date for applications will be 12.00 noon on Tuesday 7th February 2023**

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 and on nijobs.com, 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 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***

### **DIOCESAN NOTICES:**



The annual 4 Corners Festival has announced its dates for 2023 and this year's theme which will be Dreams...Visions for Belfast.

The festival will feature a range of art, music, discussion, sport and faith-based events from January 27 to February 5 in venues across the city.

Now in its 11th year, the festival was conceived as a way to inspire people from across the city to transform it for the peace and wellbeing of all.

It features innovative events designed to entice people out of their own 'corners' of the city and into new places where they will encounter new perspectives, new ideas and hopefully meet new friends.

The full programme is now live, for more information go to [www.4cornersfestival.com/the-festival](http://www.4cornersfestival.com/the-festival)



### *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. It reminds us that there is no such thing as retirement from the Kingdom of God and that we are called to discipleship at every age in our lives. The programme, designed for the over 60's runs for 4 weeks. Over a cup of tea/coffee there will be opportunities for talking and listening and sharing what our faith means to us as we continue our journey seeking to grow in the love of Christ and others.

The programme for women, will begin on Friday 10<sup>th</sup> February at 11:00am at **Living Church 120 Cliftonville Rd, Belfast**, and will conclude on Friday 3<sup>rd</sup> 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](mailto:livingchurch@downandconnor.org) Tel: 028 9069 0920

#### ▪ **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 **three Saturdays (February 18<sup>th</sup> and March 18<sup>th</sup> 2023)** Booking essential. Residential weekend in Drumalis, Larne, 10/12<sup>th</sup> March. To find out more, contact Phil: [02890 207645](tel:02890207645) or Marie [07896119669](tel:07896119669) or email [belfastbe@yahoo.com](mailto: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](mailto: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](http://www.adoptionandfosteringcare.hscni.net) or on 0800 0720 137....remember ,every child is just one caring adult away from success'.

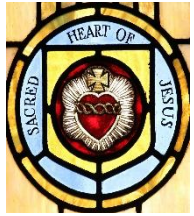
#### **Dromantine Retreat and Conference Centre**

'**NODDING OFF**' *How to sleep deeper and better for longer* Saturday, 18 February (9.30am - 4.30pm) 2023 £40.

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





**5<sup>th</sup> Sunday in Ordinary Time, Year A – 5<sup>th</sup> 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.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!

**CALENDAR OF SAINTS DAYS**

**JANUARY / FEBRUARY 2023**

**Tuesday 31 January**

Saint John Bosco, Priest

**Wednesday 1 February**

Saint Brigid, Abbess, 2<sup>nd</sup> Patron of Ireland

**Thursday 2 February**

The Presentation of the Lord

**Friday 3 February**

Saint Blaise, Bishop, Martyr

**Sunday 5 February**

5<sup>th</sup> Sunday of the Year A

**Monday 6 February**

Saints Paul Miki and companions

**Tuesday 7 February**

Saint Mel (Ardagh & Clonmacnois)

**Wednesday 8 February**

Saint Josephine Bakhita

**Friday 10 February**

Saint Scholastica

**Saturday 11 February**

Feast Day of Our Lady of Lourdes

**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](mailto:bangor@downandconnor.org) Details concerning training will be announced later.