

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.

19th Sunday of the Year – 7 August 2022 –

Your prayers are requested for

Recently Deceased:

Francis Joseph McVeigh

Anniversaries:

Elizabeth Donohue, Thomas McDade, Ciarán Burke, Tom Bowler, Rosemary Farley, Mary Keenan, Nadine Stilges, John Quinn, Jim Quinn, Duncan McLean, Paddy Healy, Angela Murdock, Victor Fusco, Michael McDowell, Stephen Delaney, Edward Walsh.

Page 3, list of Anvs prayed for during July.

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

www.bangorparish.com

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

www.bangorparish.com

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NEXT BULLETIN – weekend of 3rd and 4th September.

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Holy Hour starts in St Comgall's Donaghadee – Sun 14th August @ 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**

St Vincent de Paul Helpline

077 0367 9384

This is a **5** Page Bulletin so please scroll down!

SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 7th August @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 6th August @ 6.30pm

Sunday 7th August @ 10am & 12noon

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

DAILY MASS NEXT WEEK – 8th – 12th August

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 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.

PLEASE NOTE THERE WILL BE NO BULLETINS IN JULY & AUGUST

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).

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.

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

“Let us ask ourselves: When I start my day, do I throw myself headlong into the things to be done, or do I first seek inspiration in the Word of God? At times we begin the day automatically, we start doing things ... like hens. No. We must start the day by first looking to the Lord, taking his Word, briefly, but allowing this to be the inspiration for the day. If we leave the house in the morning keeping a word of Jesus in mind, the day will surely acquire a tone marked by that word, which has the power to orient our actions according to the Lord’s wishes.”

Pope Francis, Angelus July 17, 2022

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.

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.**

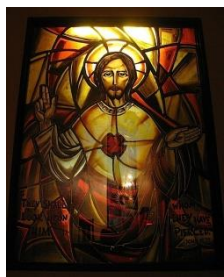
To help us to help others you can make direct payments to Conferences Bank Account.
St Comgall’s, Allied Irish Bank. Sort Code 93-82-03. A/C No is 25302098.
Most Holy Redeemer Ballyholme, Allied Irish Bank. Sort Code 93-82-03. A/C No. 06885061.

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.

19th Sunday of the Year – 7th August 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

ANNIVERSARIES PRAYED FOR DURING THE SUNDAY WEEKEND MASSES - JULY 2022

18th Sunday in Year C – 31 July

Anniversaries:

Brian McCullough, Vera McCarney, Joseph Waugh, Molly Keenan, CC Jose, Kathleen McDonagh, Maureen McGrattan, James Curran, Thomas McDade, Seamus Curran, Vera Coburn, Tom Bowler, Patrick John Hinds, Julia Hollywood, Catherine Forte, Charles Martin, Jack & Madge Murray, Patrick Carney, Patrick McKinley, Molly Fay, John Walsh.

17th Sunday in Year C – 24 July

Recently Deceased: Very Rev Jim Madden (Belfast)

Anniversaries:

Josephine O'Loan, Peter O'Brien, Peter Magill, Terence Coan, Agnes Smith, Gerard Gannon, Edward Walsh, Ronnie Jeacle, Mollie Donegan, Margaret Quinn.

16th Sunday in Year C – 17 July

Recently Deceased: Rosaleen Neeson (Holywood)

Anniversaries:

John Braniff, Christine Kane, Michael O'Mahony, Teddy Emmett, Bridget McQuillan, Betty Dornan, John Quinn, Daniel Williams, William Curran, Ted Edge, James Curran, Lizzie O'Brien, John O'Keefe.

15th Sunday in Year C – 10 July

Recently Deceased: Catherine Burns

Month's Mind: Máire McDonnell

Anniversaries:

Jenny Waterworth, Alan Nelson, Frank McGreevy, Frankie McGreevy, Frank McAnulty, Henry McAnulty, Kathleen Hughes, Daniel Williams, John Dawson, Tom Martin, Michael Browne, Anna Kutty, Frances Ging, John Donaghy.

14th Sunday in Year C – 3 July

Recently Deceased: Ruby McDevitt

Months Mind: Veronica Bintley, Johnny McAlorum

Anniversaries:

Neil McKeown, Margaret Beck, Patrick McGreevy, Mary Brannigan, Patricia McKeivitt, Josephine McAlinden, Jack Rice, James McGrattan.

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

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)

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

CALENDAR OF SAINTS DAYS

AUGUST 2022

Monday 8 August Saint Dominic, Priest	Sunday 14 August 20 th Sunday of the Year
Tuesday 9 August Saint Teresa Benedicta of the Cross (Edith Stein) Virgin & Martyr – Patron of Europe	Monday 15 August The Assumption of the Blessed Virgin Mary **Holy Day of Obligation
Wednesday 10 August Saint Lawrence, Deacon & Martyr	Tuesday 16 August Saint Stephen of Hungary
Thursday 11 August Saint Claree - Virgin	Wednesday 17 August Our Lady of Knock
Friday 12 August Saint Jane Frances de Chantal - Religious	Friday 19 August Saint John Eudes, Priest
Saturday 13 August Saints Pontian & Hippolytus, Martyrs	Saturday 20 August St Bernard, Abbot & Doctor

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!

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 of 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.



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

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*

BALLYHACKAMORE ANTIQUES FAIR Antiques, Art, Vintage Retro and Collectables

Saturday 6th August 2022, 9.30am—4.00pm
St Colmcille's Parochial Hall,
191 Upper Newtownards Road, Belfast BT4 3JB

The fair will have lots of different stallholders selling a wide variety of items including Irish and international art, coins and medals, small furniture, silver, postcards, pottery and ceramics, studio glass and crystal, vintage and retro items, antiquities, collectables and much, much more. Entrance is free, free parking and light refreshments will be available. All are welcome.

For further information and to book a table contact Steve on: 07808 526566.
Future diary dates: Saturday 1st October, Saturday 5th November and Saturday 3rd December.

"Benburb Priory will soon host a day conference on the meaning crisis (rise in suicides, depression, and more) and the Christian way, today. The conference will feature leading Christian thinkers, including Paul Kingsnorth, Paul Vander Klay, and Fr Calvin Robinson. This event will take place on Friday 2nd September. Tickets are available at Benburbpriory.com now. All are welcome."

[The Meaning Crisis, Modernity, and the Christian Way: A Benburb Priory Conference - Benburb Priory](#)

Annual Novena Escorted Pilgrimage to Knock Shrine, Ireland, 15th August 2022. £599.00 per person sharing. Price includes return bus transfer from Northern Ireland, 4 nights' in Knock House Hotel with full board. All entertainment and excursions included. Avail of Novena Ceremonies. Day trips to Westport, Ballintubber Abbey, Croagh Patrick, Fr. Peyton Centre & National Museum. Single supplement £100.00. Contact Patricia on 01268 762 278 or 07740 175557 or email knockpilgrimages@gmail.com.

ENCOUNTER SCHOOL OF MINISTRY

Are you hungry for more? Do you want to go deeper in your faith? Do you want to live from your identity as a child of God? Then, this course is for you. The Encounter School of Ministry is a dynamic training program designed to teach, equip, and activate you in the full supernatural lifestyle of Jesus so that you can walk with God in intimacy and demonstrate his love and power to the world around you! Drawing from the richness of our Catholic heritage we are offering an online training program for Ireland, designed to take you to the next level in your ministry. Enrolment is for one year, so you can discern your continuation as a Year 2 student. Our curriculum and content is rooted in Catholic Tradition and faithful to Catholic teaching. Classes are held on Thursdays at 7:30pm from mid-September through May. For more information visit <https://encounterschool.org/online-campus-ireland/> Be sure to select the Online – English Campus and you will then be able to choose the 7:30 IST / 2:30pm ET time slot for your zoom session! Places are limited!

Accord is having another selection day in September for Facilitators.

Would you be so kind of put the attached advertisement in the parish bulletins with the closing date of the 31st August 2022.



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>

Short Films for Global Justice

Join Trócaire at the Féile an Phobail to watch short films about global justice issues, including those made by young filmmakers from St Dominic's Grammar School & Rathmore Grammar School. **Thu 11st Aug @ 11am** in St Mary's University College.