

# 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

### 28<sup>th</sup> Sunday of the Year – 9 October 2022 –

#### Your prayers are requested for Recently Deceased:

Mary (Jordan) Dunne, London

#### Anniversaries:

Raymond Havlin, John McMullin, Theresa Crockford, Liam McDonnell, Hugh Leslie, James Duffy, Michael Duffy, Margaret Shields, Frances Doherty, John Shields, Kathleen Ward, Mick McArdle, Rosaleen McCormick, Mary McArdle, James McLaughlin, Dominic Hamilton, Agnes Grimley, Lily Prior, Hugh McPoland, Ashley Stevenson, Patricia McGrenaghan, Edward P McConville, Derek Nairn, Joe Jackson, Rose Donaghy, Raymond Barbour, Astrid McKeown, Seamus Anderson.

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

#### SUNDAY MASS TIMES THIS WEEKEND

ST COMGALL'S CHURCH, DONAGHADEE

Sunday 9<sup>th</sup> October @ 9.00am

ST COMGALL'S CHURCH BRUNSWICK ROAD

Saturday vigil 8<sup>th</sup> October @ 6.30pm

Sunday 9<sup>th</sup> October @ 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 – 10<sup>th</sup> – 14<sup>th</sup> October

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**.

#### TROCAIRE COFFEE MORNING

Welcome all parishioners to our Coffee Morning after all Masses on **Sunday 23<sup>rd</sup> October** in St Comgall's Parish Centre.

#### 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]

#### Saint Martha's Guild – St Comgall's Brunswick Road

It is proposed to revive the St Martha's Guild to ensure the regular cleaning of the church on a rota basis.

Any parishioner interested in volunteering in this vital service is kindly asked to give his/her name into the Parish Office during office hours 9.30am-1pm or by email:

[bangor@downandconnor.org](mailto:bangor@downandconnor.org)

**St Vincent  
de Paul  
Helpline**

**077 0367 9384**

**Bethany  
Bereavement  
Support Group**  
we are here to  
support and listen.  
Confidential.  
**075 1085 2157**

**New Members - male and female invited to join the Senior Choir. Rehearsals start Tuesday 11<sup>th</sup> Oct in St Dymphna's Room in the Parish Centre at 7.30pm to 9pm. Good fun and social night.**

#### Parish Safe-Guarding Level One – Volunteers Training

for **ALL** Ministers of the Eucharist.

**Monday 10 & 17 October** in the Saint Comgall's Parish Centre at 7.00pm. Choose one night only.

Booking Form on the Parish Website 'Parish Newsletters' button. More info see page 3.

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

# PARISH CENTRE – PARISH GROUPS RESTARTING – SEPTEMBER 2022

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
<b>BRIDGE CLUB</b> at 7.30pm  <b>YOUTH CLUB</b> 6.30pm – 8.30pm  <b>SAFEGUARDING</b> <b>Training – Level One</b> 10 <sup>th</sup> October & 17 <sup>th</sup> October. St Dymphna's Room at 7pm. Booking essential with parish office.	<b>FRIENDSHIP CLUB</b> at 10.00am  <b>IRISH DANCING CLASSES</b> at 6.00pm  <b>SENIOR CHOIR</b> Starting 11 <sup>th</sup> October at 7.30pm	<b>MENCAP</b> Every fortnight at 6.00pm  <b>YOUTH CLUB</b> 6.30pm – 8.30pm  <b>BADMINTON</b> Every fortnight at 8.00pm	<b>BRIGINI'S</b> (Girls aged 6-10) at 6.30pm  <b>IRISH CLASS &amp; CEILI DANCING</b> at 7.00pm
<b>BOOKING OF PARISH CENTRE:</b> Contact Thomas on T: 07305 746 263 or Email: <a href="mailto:mcmullanthomas481@gmail.com">mcmullanthomas481@gmail.com</a>			
<b>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:</b> <a href="mailto:bangor@downandconnor.org">bangor@downandconnor.org</a>			

## 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'

**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, Belfast.

**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...

**SUN 9 Oct at 6.30pm** in Ballycrochan Presbyterian Church. Donaghadee Male Voice Choir are holding a service in support of Storehouse North Down. It will be a wonderful night of praise.

**SAT 12 NOV at 12noon.** A series of workshops for Cantors will take place during the coming year. We begin the first workshop, in association with the Schola Cantorum, on Saturday, 12 November, in St Paul's Church Mullingar, beginning at 12noon and ending at 2.00pm.

**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)

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### Dromantine Retreat and Conference Centre

**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.*

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**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

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

**Refresher Days for those in Ministry**  
 25<sup>th</sup> – 27<sup>th</sup> October: open to everyone engaged in ministry. Charge: £250:00 per person (full board)

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**The Positive Ageing Roadshows on:**  
 Friday 14 October 2022, 11am- 2pm, Bangor Elim Church. Register by Friday 7 October 2022, 12noon. *See details on page 6.*

**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. **LOCATION:** Skippingstone Beach, continue walking past Pickie towards Crawfordsburn.

## 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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### What is RCIA?

RCIA (the Rite of Christian Initiation for Adults) is a process to introduce the teachings of Jesus Christ and the Catholic Church to individuals who wish to learn more about Catholicism, including the opportunity, if they wish, to become Catholic through the Sacraments of Initiation.

RCIA is a time of teaching, formation and conversion to come to know, love and develop a relationship with God, the Father, Son and Holy Spirit.

### How do I sign up for RCIA?

Have a conversation with Fr Gunn...

*See page 8 for more details.*

**JOB VACANCIES IN DOWN AND CONNOR DIOCESE..... more info see page 5**

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

**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.

#### Storehouse North Down update

Due to the economic situation and the approach of winter we are seeing an increase in requests for hampers. We were giving out between 30 and 40 hampers per week. This has now increased to between 40 and 50 per week.. From February to the end of August we have given out 788 hampers helping approximately 2000 people. It is only by your support that we can supply help to those in need. Thank you for your support and generosity.

We are often asked what we need. Here is a list of items we are always short off.

Cooking oil; Tins of chunky chicken, stewed steak and minced steak; Snacks such as Ravioli, Macaroni, Meatballs; Tins of custard; Long life milk; Tins of meals for rice eg chilli con carne, chicken curry, etc; Packets of noddles, pasta in sauce etc; Cleaning sprays; Washing up liquids; Shampoos, shower gel and deodorants for both men and women; Washing powder; Liquid soap.

**SUN 9 Oct at 6.30pm** in Ballycrochan Presbyterian Church, Donaghadee Male Voice Choir are holding a service in support of Storehouse North Down. It will be a wonderful night of praise. If possible please support them.

#### **PRAYING WITH THE ICONS**

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

#### **BAPTISM REGISTRATION**

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

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

LINK FOR: 

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

#### **Parish Safeguard Training for Level One Volunteers –**

**Monday 10<sup>th</sup> & Monday 17<sup>th</sup> October at 7.00pm – Choose one night only.**

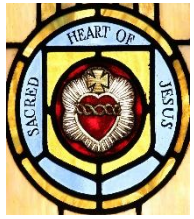
For **ALL** Extra-Ordinary Ministers of the Eucharist: please find the BOOKING FORM on the parish website under the 'Parish Newsletters' button (*front page of website*) and return to the Parish Office Email.

In keeping with Diocesan policy, it is now necessary for all Extra-Ordinary Ministers of the Eucharist to be vetted and attend safeguarding training. Please bring **3 forms** of identification one of which must include a photograph. This could be a current and valid passport, a driving licence and a utility bill or bank or building society statement. Please endeavour to attend this important meeting. Places limited to 12 per night. Booking essential.



## 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.



### 28<sup>th</sup> Sunday of the Year – 9 October 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

#### Monday 3<sup>rd</sup> October

Blessed Columba Marmion, Priest

#### Tuesday 4<sup>th</sup> October

Saint Francis of Assisi, Priest

#### Wednesday 5<sup>th</sup> October

Saint Faustina Kowalska, Virgin

#### Thursday 6<sup>th</sup> October

Saint Bruno, Priest

#### Friday 7<sup>th</sup> October

Our Lady of the Rosary

#### Sunday 9<sup>th</sup> October

28<sup>th</sup> Sunday in the Year

#### Tuesday 11<sup>th</sup> October

Saint John XXIII, Pope

#### Friday 14<sup>th</sup> October

The Dedication of St Peter's Cathedral

#### Saturday 15<sup>th</sup> October

Saint Teresa of Avila, Doctor of the Church, Virgin

#### Sunday 16<sup>th</sup> October

29<sup>th</sup> Sunday of the Year



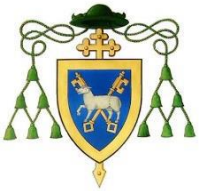


Follow these links for more information about **ACCORD NICMCS:**

<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>



### **DOWN and CONNOR DIOCESAN TRUST**

#### **VACANCY - PASTORAL RENEWAL and FAITH DEVELOPMENT WORKER**

#### **3 YEAR FIXED TERM CONTRACT - LIVING CHURCH OFFICE**

We are seeking to recruit into the role of Pastoral Renewal and Faith Development Worker within our Living Church Office. We see this as an exciting and challenging opportunity in the life and mission of the Church. The post holder will be required to support the Director of the Living Church Office, and work as part of a team to implement Diocesan Initiatives in pastoral renewal, evangelisation and faith development.

The terms are based on a 3 -Year Fixed Term Contract, working 35 hours per week, work pattern to be agreed.

Salary: Will be considered within the range of £27,500 to £32,500 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 Tuesday 18th October 2022**

**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

**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.



### **Catholic Chaplaincy QUB – Golden Jubilee Mass**

The Catholic Chaplaincy warmly invites you to join them for their Annual Dedication of Studies Mass, which this year takes place on the 50<sup>th</sup> anniversary of the opening of their landmark site at the heart of the Queen's campus. Bishop Noel Treanor will celebrate the special Mass on **Sunday 16 October at 8pm** in the **Chaplaincy's Corpus Christi Chapel, 28 Elmwood Avenue, Belfast**. The Chaplaincy Choir, Canticle, will provide music and song and refreshments will be served afterwards. Current students and staff are especially welcome, as are alumni, friends and all who support the Chaplaincy's important work with students.

**Certificate in Christian Thought – Adult Faith Development Programme** *Two-year, part-time course, now enrolling for 2022-2023 intake* The Certificate in Christian Thought invites you to learn, reflect and discuss aspects of spirituality, theology and scripture at a greater depth. It is possible to do the course for personal development solely and/or to complete the written assignments required by St Mary's University College, which validates the course.

For further information, please email [maura@drumalis.co.uk](mailto:maura@drumalis.co.uk) or phone Drumalis during office hours 02828 276455/02828 272196

## **Positive Ageing Month**

Age Friendly Ards and North Down, in partnership with Ards and North Down Policing and Community Safety Partnership (PCSP) and the Public Health Agency (PHA), will deliver several roadshow events for older people across the Borough in October.

The roadshow events will bring together a range of organisations that will provide information on community safety, home safety, how people can prepare for the winter and how they can keep active. The events are being run as part of "Positive Ageing Month", which is celebrated every year in October, and is a month-long campaign of events and activities that promote positive ageing as well as celebrating the contribution older people make to their communities.

The Positive Ageing Roadshows will take place on:

- Friday 14 October 2022, 11am- 2pm, Bangor Elim Church  
Register by Friday 7 October 2022, 12noon
- Wednesday 19 October 2022, 11am- 2pm, Comber Leisure Centre  
Register by Wednesday 12 October 2022, 12noon
- Friday 28 October 2022, 11am- 2pm, Kircubbin Community Centre  
Register by Friday 21 October 2022, 12noon

Attendees must register at least one week before their chosen event and are encouraged to attend by themselves or with a friend. Everyone is welcome. To register, email your contact details (and those of your friend, if applicable) to [agefriendly@ardsandnorthdown.gov.uk](mailto:agefriendly@ardsandnorthdown.gov.uk). Please also advise if special assistance is required or if you have any dietary requirements. Alternatively, call 0300 013 3333 (ext. 40336) or 07741 103277 (Mon-Fri, 9.30am - 10.30am only).

### **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)

### **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)

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**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)

**SUN 9 Oct at 6.30pm** in Ballycrochan Presbyterian Church. Donaghadee Male Voice Choir are holding a service in support of Storehouse North Down. It will be a wonderful night of praise.

**SAT 12 NOV.** A series of workshops for Cantors will take place during the coming year. We begin the first workshop, in association with the Schola Cantorum, in St Paul's Church Mullingar, beginning at 12 noon and ending at 2.00 p.m.

**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 (**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)

### **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)



## **What is RCIA?**

RCIA (the Rite of Christian Initiation for Adults) is a process to introduce the teachings of Jesus Christ and the Catholic Church to individuals who wish to learn more about Catholicism, including the opportunity, if they wish, to become Catholic through the Sacraments of Initiation.

RCIA is a time of teaching, formation and conversion to come to know, love and develop a relationship with God, the Father, Son and Holy Spirit.

#### **How do I sign up for RCIA?**

The first step is to request a conversation with Fr Gunn PP T:028 9146 5522. We are facilitating one to one meetings on RCIA with the help of Sr Maura Gallahue in Bangor Parish.

#### **When and where does RCIA meet together in the Diocese?**

We meet Thursday nights from 6.30 - 8.00 pm at St Mary's Hall, Chapel Lane, Belfast BT1 1HH from October to May. The start date for the programme is Thursday 6<sup>th</sup> October 2022. For registration form: E: [rcia@downandconnor.org](mailto:rcia@downandconnor.org)

#### **What is the format of the sessions?**

The sessions begin with prayer, followed by teaching, question and answer and small group discussion and concludes with prayer.

#### **What is the cost for attending RCIA?**

There is a minimal cost to you to attend RCIA. Resources are provided by the diocese.

#### **May I bring my spouse/fiancé to the sessions?**

Yes, you may. We encourage your spouse/fiancé to attend the sessions with you.

#### **If I have been baptized in another church, do I need to be baptised again?**

In most cases, you do not need to be baptised again. The Catholic Church requires that you were baptised with water, in the name of the Father, Son and Holy Spirit. We will need a copy of your baptismal certificate or other proof

of baptism from the church where you were baptised. Proof of baptism may include a letter from the church, a copy of the membership record indicating that you were baptised, etc.

**I was told I need a sponsor who is a baptised and confirmed Catholic, and is in good standing in the Catholic Church. What if I don't know anyone who could do that?**

Don't worry about it. We have people who volunteer to fulfil the sponsor role.

**Do I have to attend every session?**

Our desire is to have you attend all sessions. RCIA is certainly a place where you will learn about what the Catholic Church believes and teaches; however, it is much more than that. It is a process of getting to know Jesus Christ and growing together in community. RCIA is a process of conversion to a life with Christ. This process takes time and commitment on your part.

**How many sessions can I miss?**

RCIA is a building-block process and each session builds on the one before. However, we realise that there may be situations which would cause someone to be unable to attend. Therefore, absences are handled on a case-by-case basis. If you must miss a session, arrangements can be made to provide you with a copy of the notes from that session.

**Can a Catholic attend to learn more about their faith?**

Yes, we have had many people do this in the past and would love to have you join us to learn more about your Catholic faith!

Dear Friend,

It's still September, but it is never too early to prepare for Christmas, am I right? The choice of gifts for loved ones is always a responsible and exciting moment.



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

We wish to help you prepare in advance for this joyful day.

**Our Convent's Online Christmas Market is now open, you will find wonderful Christmas items for all your friends, family members, and loved ones.** You can follow the link below and order the gifts now so we can deliver them in time for the holiday.  
**All the Christmas products represented on our website are made by hand with prayer and love!**



With each purchase of our beautiful Christmas gifts, you support our ministries that serve the poor, sick, homeless, and lonely people. Every item purchased at the Online Market is a donation towards one of the Convent's ministries.

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**AID TO THE CHURCH**

<https://www.acnireland.org/n-donate>

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**Support for religious sisters in Peru**

**SUPPORT FOR 26 RELIGIOUS SISTERS IN THE ARCHDIOCESE OF HUANCAYO IN THE ANDES. By ACN Staff**

Religious sisters in Peru. (Credit: Aid to the Church in Need)

Working in the Archdiocese of Huancayo, high in the Peruvian Andes, are **26 women religious** from eight different congregations. Here in this vast region of close to **6000 square miles (15,100 km<sup>2</sup>)** – the size of some small countries – there are no more than around **743,000 people, some 71.5% of whom are Catholics**. Consequently, each priest in the diocese has to minister to an average of more than 8000 faithful, scattered over a vast area, moreover.





Religious sisters in Peru. (Credit: Aid to the Church in Need)

**The sisters work above all among the people in the rural regions, most of whom live in extreme poverty, barely managing to scrape a living from their livestock and agriculture.** The houses they live in are built in the traditional Quincha style of wattle and daub, and in many places, there is not even the most basic infrastructure. And on top of this, the sisters have to cover long distances on unmade roads and tracks, simply in order to reach the faithful.



Nevertheless, **Cardinal Pedro Ricardo Barreto Jimeno**, the Archbishop of Huancayo, is very pleased with the sisters' work and has asked us to support them. He tells us, "There is a lack of vocations. We have fewer and fewer vocations, and consequently fewer priests and religious. Huancayo is a vast territory, and the priests we do have simply cannot cover it all. This situation means that people in the remotest communities, who cannot be reached by the priests, feel dissatisfied and abandoned. **Moreover, there are sects in these areas who win over more and more adherents every day and take advantage of the people's poverty. Our religious sisters focus their care and their activities on these places, where the priests are not regularly available.** They spend two or three days in each community, bringing the people hope and joy, living alongside them and sharing the reality of their lives in order to encourage them and show God's word by their living example. The work of the sisters is greatly appreciated, but they do not have the financial resources to cover their own living costs."

**Among other things the sisters prepare children and young people and adults for reception of the sacraments, teach them the faith, support and accompany the families and care for the sick.** They stand by these people in all their spiritual, psychological and material needs. So that they can continue this priceless apostolate, we are proposing to help them with basic support for a total value of **€10,870.**