



St Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH www.stmaryscathedralaberdeen.org



Entrance Antiphon

Cf. Ps 24: 15-16

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

First reading

Exodus 3:1-8,13-15

'I AM has sent me to you'

Moses was looking after the flock of Jethro, his father-in-law priest of Midian. He led his flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in the shape of a flame of fire, coming from the middle of a bush. Moses looked; there was the bush blazing but it was not being burnt up. 'I must go and look at this strange sight,' Moses said, 'and see why the bush is not burnt.' Now the Lord saw him go forward to look, and God called to him from the middle of the bush. 'Moses, Moses!' he said. 'Here I am,' Moses answered. 'Come no nearer,' he said. 'Take off your shoes, for the place on which you stand is holy ground. I am the God of your fathers,' he said, 'the God of Abraham, the God of Isaac and the God of Jacob.' At this Moses covered his face, afraid to look at God.

And the Lord said, 'I have seen the miserable state of my people in Egypt. I have heard their appeal to be free of their slave-drivers. Yes, I am well aware of their sufferings. I mean to deliver them out of the hands of the Egyptians and bring them up out of that land to a land rich and broad, a land where milk and honey flow, the home of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites and the Jebusites.'

Then Moses said to God, 'I am to go, then, to the sons of Israel and say to them, "The God of your fathers has sent me to you." But if they ask me what his name is, what am I to tell them?' And God said to Moses, 'I Am who I Am. This' he added 'is what you must say to the sons of Israel: "I Am has sent me to you."' And God also said to Moses, 'You are to say to the sons of Israel: "The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you." This is my name for all time; by this name I shall be invoked for all generations to come.'

Responsorial Psalm

Psalm 102(103):1-4,6-8,11

The Lord is compassion and love.

My soul, give thanks to the Lord
all my being, bless his holy name.

My soul, give thanks to the Lord
and never forget all his blessings. **R.**

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion. **R.**

The Lord does deeds of justice,
gives judgement for all who are oppressed.

He made known his ways to Moses
and his deeds to Israel's sons. **R.**

The Lord is compassion and love,
slow to anger and rich in mercy.
For as the heavens are high above the earth
so strong is his love for those who fear him. **R.**

Second reading

1 Corinthians 10:1-6,10-12

The life of the people under Moses in the desert was written down to be a lesson for us

I want to remind you, brothers, how our fathers were all guided by a cloud above them and how they all passed through the sea. They were all baptised into Moses in this cloud and in this sea; all ate the same spiritual food and all drank the same spiritual drink, since they all drank from the spiritual rock that followed them as they went, and that rock was Christ. In spite of this, most of them failed to please God and their corpses littered the desert.

These things all happened as warnings for us, not to have the wicked lusts for forbidden things that they had. You must never complain: some of them did, and they were killed by the Destroyer.

All this happened to them as a warning, and it was written down to be a lesson for us who are living at the end of the age. The man who thinks he is safe must be careful that he does not fall.

Gospel Acclamation

Mt4:17

Glory to you, O Christ, you are the Word of God!
Repent, says the Lord,
for the kingdom of heaven is close at hand.
Glory to you, O Christ, you are the Word of God!

Gospel

Luke 13:1-9

'Leave the fig tree one more year'

Some people arrived and told Jesus about the Galileans whose blood Pilate had mingled with that of their sacrifices. At this he said to them, 'Do you suppose these Galileans who suffered like that were greater sinners than any other Galileans? They were not, I tell you. No; but unless you repent you will all perish as they did. Or those eighteen on whom the tower at Siloam fell and killed them? Do you suppose that they were more guilty than all the other people living in Jerusalem? They were not, I tell you. No; but unless you repent you will all perish as they did.'

He told this parable: 'A man had a fig tree planted in his vineyard, and he came looking for fruit on it but found none. He said to the man who looked after the vineyard, "Look here, for three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up the ground?" "Sir," the man replied "leave it one more year and give me time to dig round it and manure it: it may bear fruit next year; if not, then you can cut it down."'

Communion Antiphon

The sparrow finds a home,
and the swallow a nest for her young:
by your altars, O Lord of hosts, my King and my God.
Blessed are they who dwell in your house,
for ever singing your praise.

Sunday 11.15am Mass		
Entrance Hymn	307	Guide me, O thou great Redeemer
Offertory	Choir	Take up your cross
Communion	696	Turn to me
Marian Antiphon	150	Ave Regina Caelorum
Recessional	416	Lead us, Heavenly Father, lead us

***Please ensure that you have a copy of the Mass music, obtainable from the stewards, so you can join us in singing!**

CLEANING OUT THE CLUTTER

Lent is not something we do to make God change. It's something we do in response to God's love, to bring about change within ourselves. Think of it this way. If your garage is full of clutter, and you've just bought a shiny new car and you want to use the garage for its intended purpose (to shelter your car rather than your junk), then you have a job to do. You need to clean out the garage. Likewise, Lent is a time when we try to clean out the clutter in our hearts and minds and souls, to prepare ourselves for the joyful gift of new life, freely given to us through the mystery of Christ's death and resurrection.

Words that describe Lent — a time of silence, simplicity, meditation, humility, attentiveness — also describe contemplative prayer, and indeed, Lent does have a richly contemplative quality about it. It's a time of waiting with quiet joy for the blessings to come at Easter. The Lenten fast and almsgiving discipline, when done correctly, instil in us a sense of longing, if not literal hunger — an emptiness that represents our soul's deep longing for God. Contemplative/silent prayer also stresses the emptiness that exists in each person's soul, beneath the "noise" of our chatterbox minds and emotional hearts. "Be still and know that I am God," proclaims Psalm 46. But to find that stillness within, we need to empty ourselves.

The forty days of Lent symbolises the forty days Jesus spent fasting in the wilderness after his Baptism. It was a time of cleansing and prayer for him, and it preceded the launching of his public ministry. So Jesus's "Lent" was a time of deep inner transformation, through prayer and silence and fasting.

The "giving up" part of Lent is meant to be something significant enough that you notice the sacrifice, but not so huge that it becomes a source of spiritual pride ("Look at me, I gave up everything



but bread and water for Lent; aren't I holy?"). It doesn't have to be food, although fasting from ice cream or alcoholic beverages can be excellent Lenten disciplines. But you could also fast from any type of pleasure, like social media, television, or gaming.

The fast is only part of your Lenten discipline, though. Traditionally, Lent is a time for almsgiving — giving money or other resources to those in need. In other words, Lent involves doing something extra as a response to God's love. And yes, giving to those in need is a great place to start. But Lent is also a great time to begin or renew a daily prayer practice (especially silent or contemplative prayer), Bible study or *lectio divina*, or giving time to a worthy cause. Like the Lenten fast, this "something extra" works best when it is a meaningful, but not overwhelming, commitment. Mighty oak trees grow from acorns, so let your Lenten commitments be small. God can use a small commitment in big ways.

Keep in mind that you don't have to do anything at all for Lent — God loves you regardless. But remember the new car and the cluttered garage. If you leave your garage messy, you can park your car on the street and no one will complain. But it's a less than ideal situation, and with just a little bit of effort you can have a much better arrangement. Likewise, your faith could truly be blessed by this simple 40-day discipline. *Carl McColman*



Clergy & Religious

Administrator: Fr. Keith Herrera
01224 640 160
(Emails through PA: administrator@cathedral-abdn.org)

Assistant Priest: Fr Emmet O'Dowd
curate2@cathedral-abdn.org

Deacon: Deacon Tony Schmitz
deacon@cathedral-abdn.org

Holy Family Sisters of Needy: Sr Mary Chidalu
01224 970 812 or 07741 54 00 39
hfsn@rcd-abdn.org

St Andrews Community: 07754 891 808
standrewscommunity@cathedral-abdn.org
Community Safeguarding: Charlene youth@StAndrewX.org

Staff & Administration

Office Hours: 9 am to 4 pm Monday to Friday
Telephone: 01224 640 160
Manager: Robin Harding
manager@cathedral-abdn.org

Secretary: Cowan Watson
secretary@cathedral-abdn.org

Finance: Paul Webster
finance@cathedral-abdn.org

Gift Aid: Peter Simpson
giftaid@cathedral-abdn.org

Cathedral Safeguarding: Siobhán Gilmour, Patrycja Lwaszkiewicz
safeguarding@cathedral-abdn.org
More information: Parish website or www.scottishcatholicsafeguarding.org.uk

Music Director: Shelagh Noden
music@cathedral-abdn.org

Shop Manager: Barbara Mearns
shop@cathedral-abdn.org

Bulletin: bulletin@cathedral-abdn.org
Notices to be in by Tuesday evening

Hall Bookings: halls@cathedral-abdn.org
Call between 9am & 1pm only
Terms & Conditions see Parish website

Liturgical Ministries

Head Sacristan: Jacqueline Armstrong
jacquelinearmstr@hotmail.com

Readers: Kevin O'Carroll 07784317898
kevin.ocarroll@live.com

Euch. Ministers: John MacKinnon 07926 628 941
johnmackinnon2602@hotmail.co.uk

Children's Catechesis: Ruth Paterson 01224 593069
ruthpaterson@hotmail.com

Stewards: Diego Mejias Morffe 07960 325 046
dmejiasmorffe@gmail.com

Altar Servers: George Brand 01224 630 159
geobra@msn.com

Flowers: Yi-pei Chou Turvey:
yipeichou@hotmail.com & 07455 479479

Notices

Adoration: Monday - Saturday 6.00am - 12 midnight

Confessions: Tuesdays 5.30- 6.00pm & 6.30-7pm
Saturdays 10.30am & 6.00pm

Rosary: Saturdays 10.30am (for Priests)

Housebound? John MacKinnon (See above) for visits

Coeliac: Speak to clergy before Mass

Sunday Coffees: Ann Ryans 07545 615 198
awilliamryans1234@gmail.com

Natural Family Planning (NFP) Margaret Hammond
mgthammond13@yahoo.co.uk

Mass Times

Date	Details	Service	Time	Mass Intentions
Sun 24th	3rd Sunday of Lent	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Diocesan Intentions Parish Intentions
Mon 25th	Annunciation of the Lord	Mass Mass Evening Prayer Solemn Mass	7.00am 12.30pm 5.30pm 6.00pm	Special Intention Alexander Dieseru Rev .Fr. James Donnelly RIP
Tue 26th		Mass Mass	7:00am 6.00pm	Dr. Paul Holder RIP
Wed 27th		Mass Mass	7.00am 12.30pm	Private Intention M.E Margaret Doharty
Thu 28th		Mass Mass	7.00am 6.00pm	Thanksgiving Dominic Dieseru Prayer Good Job, Health, & Family
Fri 29th		Mass Mass	7.00am 12.30pm	Thanksgiving Dominic Dieseru Mary Joseph RIP
Sat 30th		Mass Mass	10.00am 7.00pm	
Sun 31st	4th Sunday of Lent	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Thanksgiving Daniel Manot Parish Intentions

2018	July to Sept.	Oct. to Dec.	6 Month Totals	PARISH FINANCES
				We preached on giving in October 2018 and as a result the number of Standing Orders went up by 31%,
Operating Deficit	£-18,029.20	£-17,260.67	£-35,289.87	

compared to the average of the previous 8 months. Although income has increased because of this, operating costs remain high and scope for reduction in costs is limited. Please consider increasing your giving by £1 per week. If everyone did this it would bring us closer to breaking even.

MASS INTENTION ENVELOPES

Available at the back of the Church. Print details and post through Clergy House letter box. Sunday 11:15 Mass is normally reserved for the Administrator's or Bishop's Intentions for the Parish or Diocese. It may not always be possible for Mass to be celebrated on your preferred date or at the Cathedral itself.

Cathedral

CATHEDRAL SHOP CLOSED
The Cathedral Shop will be closed this coming week for stock taking.

SECOND COLLECTION
There will be a 2nd collection for SCIAF next Sunday, 31st March.

MORNING MASS
From this week onwards the 7am Masses will now be held in the Cathedral itself rather than the Adoration Chapel.

SVdeP
Polish Collection£09.11
Box Collections.....£214.58
TOTAL.....£223.69
Spend on food.....£99.85
Thanks to all our benefactors for their help.

STATIONS OF THE CROSS
On weekdays, apart from the 7am Mass, the Stations of the Cross Lenten devotion takes place half hour before each Mass.

SOLEMNITY OF THE ANNUNCIATION
Monday 25 is the Solemnity of the Annunciation and there will be Evening Prayer and Solemn Mass beginning at 5.30pm

LIFE TEEN
Fridays 7pm to 9pm in the Main Hall
A youth group for teens aged 14-17: Meet for fellowship, food, games, talks, music, fun and more! Come join us!

EDGE
Fridays 7pm to 9pm in the Upper Hall
A youth group for teens aged 11-13: Meet for fellowship, food, games, talks, music, fun and more! Come join us!

FAITH & FUN ON SATURDAYS
Youth group for P2's to P7's in the Main Hall from 12.30pm to 2pm every Saturday afternoon. For more details and to register online please see our website.

FLOWER DONATIONS
Please note that there will be no flower donations in the Lenten season.

KEEP MOVING IN 2019
Wednesdays, Main Hall 10-11am. Exercises to improve your balance and muscle control and make you feel good! The class is fun and friendly. We finish with hot drink & biscuits!

GIFT AID ENQUIRIES
For all enquiries concerning Gift Aid, please contact Peter Simpson at:
giftaid@cathedral-abdn.org

CATHEDRAL 200 CLUB
Help maintain our cathedral building by subscribing £5 a month to the 200 Club. Each month there are 4 prizes of £50. Club Organiser: Irvine Long
stmaryscathedralfinance@gmail.com

Cathedral

VOLUNTEERS NEEDED FOR FINANCE DEVELOPMENT TEAM

Social Media Event Planning Marketing

We are forming a Finance Development Team to increase income of our Cathedral to enable us to fulfil our mission. If you have experience in the skills listed above and would like to be part of this new and exciting opportunity, please contact Robin Harding at 01224 640160 or manager@cathedral-abdn.org



The Marriage Course is a series of 7 sessions, designed to help couples invest in their relationship and build a strong marriage. Each session includes a two-course dinner, as well as childcare. Recommended donation £50.

Contact: Marta & Michal Wachucik on marriagecourse.st.mary@gmail.com
For more information & to register, see the Cathedral website.

CHILDREN'S CHOIR

Rehearsals are held in the Lower Hall, 6.00pm to 8.00pm each Thursday during school term time. Contact: email: johnhorton@rcda.scot
Tel: 01224 939127

GIVE JESUS AN HOUR OF YOUR WEEK

Commit to spending one hour with Jesus in the Most Holy Eucharist each week as part of your growth as a disciple.

Monday to Saturday, 6am to midnight.

Consider especially any of the times below:

Mondays: 3pm
Tuesdays: 9am, 10am, 11am, 11pm
Wednesdays: 8am, 10am, 11pm
Thursdays: 11am, 2pm, 4pm
Fridays: 8am, 3pm
Saturdays: Noon, 6pm

Contact: adoration@cathedral-abdn.org
Book Online: stmarysadoration.youcanbook.me

CATHEDRAL CHOIR

Join us this Lent/Easter season for a new programme of music. Rehearsals are on **Thursdays at 7pm** in the clergy house, and in the upper hall **before the 11:15am Sunday Mass**. If you are interested, speak to a member of the choir or email: music@cathedral-abdn.org

SCIAF CLIMATE JUSTICE CAMPAIGN

Greenhouse gases from countries like the UK have caused devastating changes to our climate that are destroying the lives and livelihoods of our poorest brothers and sisters. Pope Francis calls us to act to address this injustice. Please support our campaign to reduce the UK's contribution to climate change by filling in the postcard in your WEE BOX pack and returning it to SCIAF.

Deanery & Diocese

St Mary's Deanery Station Masses 2019

Confessions: 6pm-6.30pm Stations of the Cross: 6.30pm-7pm Mass: 7pm Refreshments: 8pm-9pm

DATE	LOCATION
29 th March	St. Columba's Bridge of Don
5 th April	Our Lady of Aberdeen Kincorth
12 th April	St. Joseph's Woodside

ABERDEEN DIOCESAN CHOIR

Aberdeen Diocesan Choir Rehearsal Main Hall, Tuesdays 7.30—9.00pm, contact: Paula Silvester: enquiriesADC@hotmail.com

AFRICAN COMMUNITY LENTEN RETREAT

11.00am-3.30pm Sat., 6th April 2019 at St. Columbus Catholic Church Bridge of Don. There will be lunch and childminders available. For more enquiry please contact our Leader 2019 Lenten Retreat Organizing Committee: S. Odaa Eze (Tawawa) tel: 07828435754

ABERDEEN DIOCESAN PILGRIMAGE 12 - 17 July 2019

Aberdeen to Padua & Ravenna
Led by Bishop Hugh Gilbert O.S.B.

Two nights in Ravenna & 3 nights in Padua. Half board app. £950 pp dependent on flights & numbers. Single supplement (maximum of 12 in each place) £120. Reserve a place at Diocesan office: 01224 319154 or joyce@rcd-abdn.org

PLUSCARDEN ABBEY COMMUNITY

Invite young people (18-30) to celebrate the Liturgy of Holy Week with them, from Wed. of Holy Week until Easter (April 17-23). Registration and request for accommodation should be made to the Guestmaster, Fr. Giles Conacher at guestmaster@pluscardenabbey.org

ST. COLUMBA'S CULLODEN PILGRIMAGE TO OBERAMMERGAU 2020

25 pilgrims from St. Columba's Culloden are travelling to Southern Germany and Austria in July 2020 to attend the world-famous Oberammergau Passion Play. There are a few remaining places. The cost is £1,600.

Includes return flight from Edinburgh to Munich, airport transfers, seven night's half-board accommodation (2 nights in Oberammergau), and a full pilgrimage excursion programme, with guides and top-grade tickets to the Passion Play itself. Please note that the only accommodation available is in shared rooms.

Please get in touch with McCabe Pilgrimages: 020 8675 6828 or Ryan@mccabe-travel.co.uk

Weekly Calendar

M o n	<p>Baby & Toddler Group For parents with young children. All ages welcome. Main Hall from 13.00-15.00pm Contact: Yi-pei Chou 0745 5479 479</p> <p>Gospel Choir Lower Hall at 7pm Contact: music@cathedral-abdn.org</p> <p>Credo Community Meeting Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Damian Gloc 07939418178</p>
T u e	<p>Magnificat Prayer Group 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 nnesin@yahoo.com</p> <p>St. Vincent de Paul Feeding the homeless Contact: Evelyn Murray murray.evelyn@sky.com</p>
W e d	<p>Light Exercise Class for all Main Hall at 10:00am</p> <p>Seniors Club Speakers, fun & fellowship Main Hall at 2.00 pm every 2 weeks Contact: Jean 01569 765 799</p> <p>Healing of Memories Prayer for the healing of painful memories of the past to bring peace to the present. Contact Deacon: tony.schmitz@gmail.com</p> <p>Legion of Mary Lower Hall from 6pm to 7.30pm Contact: Nogie Osula nogisula@yahoo.com</p> <p>African Choir For Africans and anyone else. Upper Hall from 6.00- 8.00pm Contact: Patricia Malikebu 07891 714 549</p>
T h u	<p>Cenacolo Prayer Group Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996, liamsharkey@ymail.com</p> <p>Band Practice Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: john.costaschuk@gmail.com</p> <p>Cathedral Choir Rehearsal Clergy House at 7.00pm Contact Shelagh Noden music@cathedral-abdn.org</p>
F r i	<p>Altar Servers' Practice Church from 6.00 to 7.00pm Contact: Simon begbie_no1@hotmail.com</p> <p>Youth Groups Edge (P7-S2) & Lifeteen (S3-S6) Hall 7.00pm to 9.00pm Contact: St. Andrew's Community</p>
S a t	<p>Voluntary Church Cleaning Church after morning rosary.</p> <p>K4J (Kids for Jesus) For kids aged 4 to 10 years old. Lower Hall from 12.30pm to 2.00pm Please contact Holy Family Sisters of the Needy</p> <p>African Choir (As above) Upper Hall from 6.00 - 8.00pm</p>
S u n	<p>Choir Rehearsal Leading the music for 11:15 Sunday Mass Upper Hall 10.00am</p>