

Entrance Antiphon

Cf. Ps 24:1-3

To you, I lift up my soul,
O my God.
In you, I have trusted;
let me not be put to shames,
nor let my enemies exult over me;
and let none who hope in you
be put to shame.

First reading

Jeremiah 33:14-16

See, the days are coming – it is the Lord who speaks – when I am going to fulfil the promise I made to the House of Israel and the House of Judah:

‘In those days and at that time,
I will make a virtuous Branch grow for David,
who shall practise honesty and integrity in the land.
In those days Judah shall be saved
and Israel shall dwell in confidence.
And this is the name the city will be called:
The-Lord-our-integrity.’

Responsorial Psalm

Psalms 24(25):4-5,8-9,10,14

To you, O Lord, I lift up my soul.

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour. **R**

The Lord is good and upright.
He shows the path to those who stray,
He guides the humble in the right path,
He teaches his way to the poor. **R**

His ways are faithfulness and love
for those who keep his covenant and law.
The Lord’s friendship is for those who revere him;
to them he reveals his covenant. **R**

Second reading

Thessalonians 3:12-4:2

May the Lord be generous in increasing your love and make you love one another and the whole human race as much as we love you. And may he so confirm your hearts in holiness that you may be blameless in the sight of our God and Father when our Lord Jesus Christ comes with all his saints.

Finally, brothers, we urge you and appeal to you in the Lord Jesus to make more and more progress in the kind of life that you are meant to live: the life that God wants, as you learnt from us, and as you are already living it. You have not forgotten the instructions we gave you on the authority of the Lord Jesus.

Gospel Acclamation

Ps84:8

Alleluia, alleluia!
Let us see, O Lord, your mercy
and give us your saving help.
Alleluia!

Gospel

Luke 21:25-28,34-36

Jesus said to his disciples: ‘There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

‘Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.’

Communion Antiphon

Ps 84:1-3

The Lord will bestow his bounty,
And our earth shall yield its increase.

Prayer after Communion

May these mysteries, O Lord,
in which we have participated,
profit us, we pray,
for even now, as we walk amid
passing things,
you teach us by them to love
the things of heaven
and hold fast to what endures.
Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	316	Hark! A herald voice is calling
Offertory	439	Longing for light, we wait in darkness
Communion	897	Wait for the Lord
Marian Antiphon	128	Alma Redemptoris Mater
Recessional	218	Come, O long-expected Jesus



St Mary's Cathedral

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



Good News Weekly

WHAT IS PERPETUAL ADORATION?

Perpetual Adoration is a Eucharistic devotion whereby members of a given parish unite in taking hours of adoration before the Most Blessed Sacrament, both during the day and throughout the night, seven days a week.

Why is exposition in the monstrance preferred?

To see Jesus visibly present under the appearance of the small white host is much more conducive to intimacy than hidden away in the tabernacle. Moreover, it adds an extra responsibility on the adorers to be sure to be faithful to the hours they are scheduled, since the suggested norm for having Jesus exposed in the monstrance is that there should be at least two adorers present, and He must never be left alone. Could not these words of our Lord be applied today: "Indeed, this is the will of My heavenly Father, that everyone who looks upon the Son, and believes in Him, shall have eternal life. Him I will raise up on the last day."

What are some good reasons for establishing Perpetual Adoration?

To provide an easy, attractive, and practical way of rendering God adoration which is His due as our Creator of giving Him thanks for our redemption of making reparation for our sins and the sins of mankind; of petitioning the good God for the constant help we need. To show our gratitude to our Lord for remaining among us in our tabernacles, and to make at least some atonement for the many sacrileges, indifferences, and ingratitude which He receives in His Sacrament of Love.

What spiritual benefits and graces can be attributed to the establishment of a parish Perpetual Adoration program?

- an increase in Mass attendance and reception of the sacraments



- return of fallen-away Catholics and increase in the number of conversions
- increase in religious and priestly vocations
- renewal of Catholic family life
- spiritual level of the people is raised with a resulting desire and courage to spread the "good news" to others; a greater community spirit, centred as it is on the heart of the parish, Jesus' presence in the Blessed Sacrament.

How does one spend an hour before Jesus exposed in the Blessed Sacrament?

This hour Jesus wants you to spend with Him is spent any way you want. You may bring your own prayer books, use the books in the chapel, read the Bible, pray the rosary, or just sit and relax and enjoy the sweet peace that comes from simply being in the Presence of God. You may feel that you can't pray well. Don't let this discourage you. The mere fact that you take time out at a specific time each week to spend an hour with Jesus in the Blessed Sacrament pleases Him very much and is in itself a prayer of great faith. Please remember that Perpetual Adoration in a parish is not just for a day, a week, a month, or a year. Rather, it is for always. It is not temporary, but ongoing, lasting, permanent.

Text from EWTN 1996 Webpage Article



Clergy & Religious

Administrator: Fr. Keith Herrera
01224 640 160
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

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, Patryja Lwaskiewicz
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: Pixie Mather 07763 064 146
pixie2704@sky.com

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

Coeliacs: Speak to clergy before Mass

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

Natural Family Planning (NFP) Margaret Hammond
nfp@cathedral-abdn.org

Mass Times				
Date	Details	Service	Time	Mass Intentions
Sun 2nd		Mass	8.00am	Michael and Maureen RIP Parish Intentions
		Solemn Mass	11.15am	
		Polish Mass	3.00pm	
		Mass	6.00pm	Thomas Craig
Mon 3rd		Mass	7.00am	Mr Dermott Byrne RIP
		Mass	12.30pm	25 Years Baptism Anniversary
Tue 4th		Mass	7:00am	Helena Stanislaw RIP
		Mass	6.00pm	Niki Triplett RIP
Wed 5h		Mass	7.00am	Mrs AASBANK RIP
		Mass	12.30pm	Philip Varghese RIP
Thu 6th	Feast of St Nicholas	Mass	7.00am	Marie Therese Sharkey RIP
		Mass	6.00pm	John Marioni RIP
Fri 7th		Mass	7.00am	THANKSGIVING- M.E
		Mass	12.30pm	Susan, Jacob, David RIP
Sat 8th	Solemnity of the Immaculate Conception of the Blessed Virgin Mary	Mass	10.00am	Private Intention (ME)
		Vigil Mass	7.00pm	Etta Delussey
Sun 9th		Mass	8.00am	Mrs Ngozi Amuh & family Parish Intentions
		Solemn Mass	11.15am	
		Polish Mass	3.00pm	
		Mass	6.00pm	Georgette NTSAME RIP

OFFERTORY REPORTING

The offertory will now be reported on a quarterly basis. This will allow us to give a more accurate figure which will include the weekly and the Standing Order donations.

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

EARLY MORNING MASSES

Please note that the 7am weekday Masses are celebrated in the Adoration Chapel.

PLEASE TAKE CARE

It has been brought to our attention that insufficient care is being taken when people are being dropped off or picked up from the Cathedral in Huntly Street.

Drivers should take care when doing this and warn other drivers behind them that they are going to stop. Also, please do not allow your children to run on to the road in order to get to your car.

EMAILS SENT IN Fr. KEITH'S NAME

It appears that someone is pretending to be Fr. Keith and sending emails in Fr. Keith's name. Please note that Fr. Keith would only contact people by using his Parish email.

PARKING SPACES

The Cathedral currently has two parking bays available for rent, (Office hours only, from 8am to 6pm). All enquiries to Cathedral office.

SVDP	
INCOME	
Box Collections.....	£169.73
Polish Collection.....	£58.48
Total.....	£228.21
Expenditure	
Spend on food.....	£207.90
Expenses for Month.....	£40.09
Total.....	£248.09

Our grateful thanks to all our benefactors without whose help we would not be able to continue our work. Eve Murray

GIFT AID ENQUIRIES

For all enquiries concerning Gift Aid, please get in touch with Peter Simpson at: giftaid@cathedral-abdn.org

CHANGE TO MASS TIMES

Please note the evening Mass time on Tuesdays and Thursdays has been changed to 6.00pm. This is a trial to see whether the early time will allow more people to attend the evening Mass. Note: Confessions on Tuesdays changed to 5.30-6.00pm & 6.30-7pm

Cathedral

CHILDREN'S CHOIR

Rehearsals will be held in the Lower Hall, 6.00pm to 8.00pm each Thursday during school term time.

Contact: email: johnhorton@rcda.scot
Tel: 01224 939127



CATHEDRAL SHOP

The Cathedral Shop has: Christmas cards
Lots of beautiful gifts for Christmas.
'Keep Christ in Christmas' stickers only 10p each.
2019 Calendars.
Fr Bill's 'Seeds of the Sower'
Bishop Hugh's, 'Advent and Christmas' from CTS
Christmas baubles for the tree.

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.

November £50 prize winners:
Mr F Treasurer
Mr W Maiey
Ms E O'Farrell
Mr N Chima-Amaeshi

Club Organiser: Irvine Long
stmaryscathedralfinance@gmail.com




CATHEDRAL SENIORS CHRISTMAS LUNCH 2018

The Seniors of the Cathedral (over 60's) are warmly invited to a Christmas lunch on Sunday 16th December after 11.15am Mass. Bishop Hugh will be in attendance. If you would like to join us please add your name to the sign-up sheet at the back of the church.

Deanery & Diocese

HEALING SERVICE

Next Healing Service to be held in St Columbas Church, Bridge of Don
THURSDAY DECEMBER 6th 2018.
after 7pm Mass., All welcome.

CHRISTMAS FAIR

St Peter's RC Primary on Dunbar Street are having their Christmas Fair on the 8th December 2018, 2-4 pm. All welcome.

AFRICAN CHILDREN'S CHOIR—HYMNS TOUR

Friday 14th December, 7.00pm
Gilcomston Church, Union Street Aberdeen

SERVICE OF READINGS AND CAROLS

Monday 10th December at 6.30pm

St. Mary's Cathedral,
Huntly Street, Aberdeen, with
The Aberdeen Diocesan Choir,
African Choir & Gospel Choir &
Children from St Joseph's, Holy Family
and St Peter's Primary Schools.

For your information, the Service will be broadcast by Premier Christian Radio.

MARIAN ANTIPHON

Advent has just started and the Marian antiphon we sing at the end of Mass will change to **Alma Redemptoris Mater**. You can listen to it and follow the text at: <https://www.youtube.com/watch?v=iq5CKIOyeMk>

Latin Text

Alma Redemptoris Mater, quae pervia caeli
Porta manes, et stella maris, succurre cadenti,
Surgere qui curat, populo: tu quae genuisti,
Natura mirante, tuum sanctum Genitorem
Virgo prius ac posterius, Gabrielis ab ore
Sumens illud Ave, peccatorum miserere.

English Translation

Sweet Mother of the Redeemer, the passage to the heavens,
the gate of the spirits of the dead, and the star of the sea, aid the falling.
Mother of Him who cares for the people: you who brought forth
the wonder of Nature, your Creator.
Virgin before and after, who received of Gabriel with joyful greeting, have pity on us sinners.

FRIDAY VOLUNTARY CAFÉ

The Friday Voluntary Café, is entirely free to all. Donations are given go back to the Cathedral. The numbers have, however, continually dropped over several months to the extent it is in danger of stopping altogether if the trends continues. As this is a wonderful social event, we would like to encourage all those who are free during Friday lunch break to support this event.



SCIAF
Uniting to end poverty
Caritas Scotland

SCIAF REAL CHRISTMAS GIFTS

make excellent presents at Christmas while helping families in poor countries free themselves from hunger, poverty and injustice. The new catalogue has gifts to suit every budget. For details, visit www.sciaf.org.uk/realgifts or call 0141 354 5555.

Weekly Calendar

M	Mother & Toddler Group For parents with young children. All ages welcome. Main Hall from 13.30-15.30pm Contact: Yi-pei Chou 0745 5479 479
O	Gospel Choir Lower Hall at 7pm Contact: music@cathedral-abdn.org
n	Credo Community Meeting Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Damian Gloc 07939418178
T	Magnificat Prayer Group 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 nesin@yahoo.com
u	St. Vincent de Paul Feeding the homeless Contact: Evelyn Murray murray.evelyn@sky.com
e	Aberdeen Diocesan Choir Upper Hall 7.30 - 9.00 pm, contact: Paula Silvester: enquiriesADC@hotmail.com
W	Light Exercise Class for all Main Hall at 10:00am Contact: Laura Walker 0777 3021 851 laura@laurawalkerlimited.co.uk
e	Seniors Club Speakers, fun & fellowship Main Hall at 2.00 pm every 2 weeks Contact: Jean 01569 765 799
d	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
	Legion of Mary Lower Hall from 6pm to 7.30pm Contact: Nogie Osula nogisula@yahoo.com
	African Choir For Africans and anyone else. Upper Hall from 6.00- 8.00pm Contact: Patricia Malikebu 07891 714 549
T	Cenacolo Prayer Group Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996, liamsharkey@ymail.com
h	Band Practice Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: john.costaschuk@gmail.com
u	Cathedral Choir Rehearsal Clergy House at 7.00pm Contact Shelagh Noden music@cathedral-abdn.org
F	Altar Servers' Practice Church from 6.00 to 7.00pm Contact: Simon bebbie_no1@hotmail.com
r	Youth Groups Edge (P7-S2) & Lifeteen (S3-S6) Hall 7.00pm to 9.00pm Contact: St. Andrew's Community
i	Voluntary Church Cleaning Church after morning rosary.
S	K4J (Kids for Jesus) For kids aged 4 to 10 years old. Lower Hall from 12.30pm to 2.00pm
a	African Choir (As above) Upper Hall from 6.00 - 8.00pm
t	Choir Rehearsal Leading the music for 11:15 Sunday Mass Upper Hall 10.00am
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