

Entrance Antiphon

Let the hearts that seek the Lord rejoice;
turn to the Lord and his strength;
constantly seek his face.

Collect

Almighty ever-living God,
increase our faith, hope and charity,
and make us love what you command,
so that we may merit what you promise.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

First reading

Exodus 22:20-26

The Lord said to Moses, 'Tell the sons of Israel this:
"You must not molest the stranger or oppress him, for you
lived as strangers in the land of Egypt. You must not be harsh
with the widow, or with the orphan; if you are harsh with them,
they will surely cry out to me, and be sure I shall hear their cry;
my anger will flare and I shall kill you with the sword, your own
wives will be widows, your own children orphans.
"If you lend money to any of my people, to any poor man
among you, you must not play the usurer with him: you must
not demand interest from him.
"If you take another's cloak as a pledge, you must give it back
to him before sunset. It is all the covering he has; it is the cloak
he wraps his body in; what else would he sleep in? If he cries to
me, I will listen, for I am full of pity."

Responsorial Psalm

Psalm 17:2-4,47,51

I love you, Lord, my strength.
I love you, Lord, my strength,
my rock, my fortress, my saviour.
My God is the rock where I take refuge;
my shield, my mighty help, my stronghold.
The Lord is worthy of all praise,
when I call I am saved from my foes. **R.**

Long life to the Lord, my rock!
Praised be the God who saves me,
He has given great victories to his king
and shown his love for his anointed. **R.**

Second reading

1 Thessalonians 1:5-10

You observed the sort of life we lived when we were with you,
which was for your instruction, and you were led to become
imitators of us, and of the Lord; and it was with the joy of the
Holy Spirit that you took to the gospel, in spite of the great
opposition all round you. This has made you the great example
to all believers in Macedonia and Achaia since it was from you
that the word of the Lord started to spread – and not only

throughout Macedonia and Achaia, for the news of your faith in
God has spread everywhere. We do not need to tell other
people about it: other people tell us how we started the work
among you, how you broke with idolatry when you were
converted to God and became servants of the real, living God;
and how you are now waiting for Jesus, his Son, whom he raised
from the dead, to come from heaven to save us from the
retribution which is coming.

Gospel Acclamation

cf.Ac16:14

Alleluia, alleluia!
Open our heart, O Lord,
to accept the words of your Son.
Alleluia!

Gospel

Matthew 22:34-40

When the Pharisees heard that Jesus had silenced the
Sadducees they got together and, to disconcert him, one of
them put a question, 'Master, which is the greatest command-
ment of the Law?' Jesus said, 'You must love the Lord your God
with all your heart, with all your soul, and with all your mind.
This is the greatest and the first commandment. The second
resembles it: You must love your neighbour as yourself. On
these two commandments hang the whole Law, and the
Prophets also.'

Prayer over the Offerings

Look, we pray, O Lord,
on the offerings we make to your majesty,
that whatever is done by us in your service
may be directed above all to your glory.
Through Christ our Lord.

Communion Antiphon

Cf. Ps 19: 6

We will ring out our joy at your saving help
and exult in the name of our God.

Prayer after Communion

May your Sacraments, O Lord, we pray,
perfect in us what lies within them,
that what we now celebrate in signs
we may one day possess in truth.
Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	290	God is love
offertory	Choir	Ave Maria
Communion	500	Communion: O bread of heaven
Marian antiphon	597	Salve, Regina
Recessional	255	Christ be beside me



St. Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH

www.stmaryscathedralaberdeen.org



Meditation

"Be holy, for I, the Lord your God, am holy" (Lv19:2). The people of God must take God as their model. He is loving and compassionate, slow to anger and rich in mercy. In his fidelity, he cares for those who cannot help themselves. The widow, the alien, the orphan are under his special protection.

The people bound to him by covenant must also show their fidelity by caring for the powerless. All the detailed laws of the covenant lead back to this basic principle: the sole demand of God is love.

Jesus says that the second commandment is like the first. In fact it is the manifestation of the first. If you love the Lord your God with your whole being, that love will show itself in the feeding of the hungry, the sheltering of the homeless, the release of the oppressed.

LOVE YOUR
neighbour
as YOURSELF



Jesus, the supreme revelation of the Father's love, showed the depth of that love by giving his life for us when we were still powerless. The sign that we are his disciples is our love for one another.

Vienna International Religious Centre



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Notices to be in by Tuesday evening
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Call between 9am & 1pm only
Terms & Conditions see Parish website

Liturgical Ministries

Head Sacristan: Jacqueline Armstrong
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pixie2704@sky.com

Notices

Adoration: Monday - Saturday 6.00am-12 midnight
Confessions: Tuesdays 6pm
Saturdays 10.30am & 6pm
Morning Prayer: Monday - Friday 6.30am
Saturdays 9.30am
Evening Prayer: Thursdays 6.30pm
Night Prayer: Thursdays 8.30pm
Rosary: Fridays (Vocations) 1.30pm
Saturdays (Priests) 10.30pm
Housebound? John MacKinnon (See above) for visits
Coeliacs: Speak to clergy before Mass
Sunday Coffees: Ann Ryans 07545 615 198
annryans@aol.com
Natural Family Planning (NFP) Margaret Hammond
nfp@cathedral-abdn.org

Mass Times

Date	Details	Service	Time	Mass Intentions
Sun 29th	30th Sunday in Ordinary Time	Mass	8.00am	Emmanuel K.O. Onukwu RIP
		Polish Mass	9.30am	Parish Intentions
		Polish Mass	11.15am	
		Polish Mass	3.00pm	
		Mass	6.00pm	Giovanna Censabella RIP
Mon 30th		Mass	7.00am	Patricia D. RIP
		Mass	12.30pm	Emmanuel K.O. Onukwu RIP
Tue 31st		Mass	7.00am	Intentions of Chris Jones
		Mass	7.00pm	Healing of Matej Paulicek
Wed 1st	All Saints Solemnity	Mass	7.00am	Holy Souls
		Mass	12.30pm	Holy Souls
		Solemn Mass	7.00pm	Holy Souls
Thu 2nd	All Souls	Mass	7.00am	Holy Souls
		Solemn Mass	7.00pm	Holy Souls
Fri 3rd		Mass	7.00am	Holy Souls
		Mass	12.30pm	Holy Souls
Sat 4th		Mass	10.00am	Holy Souls
		Spanish Mass	5.00pm	Holy Souls
		Mass	7.00pm	Holy Souls
Sun 5th	31st Sunday in Ordinary Time	Mass	8.00am	Holy Souls
		Polish Mass	9.30am	
		Mass	11.15am	Holy Souls
		Polish Mass	3.00pm	
		Mass	6.00pm	Holy Souls

OFFERTORY 22/10/2017: £2159.48 MISSION SUNDAY: £1528.55

Mass Intention Envelopes—Please note that any further Mass intentions for October will be relayed to other churches in the Diocese where Mass will be celebrated.

Mass intention envelopes are available at the back of the Church. Print details and post through Clergy House letter box.
Cathedral itself. Recommended offering for each Mass is £5.
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



Fair Trade tea, coffee & home-baking after Mass

Income	SVDP
Polish Collection	£ 42.81
Box Collection	£ 71.73
Total Income	£114.54
Spend on Food	£244.10

November: Month of the Holy Souls
This month is a reminder to us to pray for the faithful who have gone before us. If you would like a loved one remembered at Mass please use one of the special envelopes you will find at the back of the church and return it to the Cathedral Office.

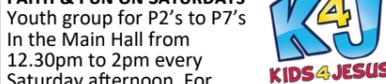


As it is obvious that financial matters are becoming more difficult with rising prices and mindful that people have many obligations to meet, we are therefore very grateful to all those who support our work. Thanks must go to all who support our work. We are deeply grateful to you all for your kind donations.

Youth
LIFE TEEN
Please note that Lifeteen (S3-S6) and Edge (P7-S2) youth groups meet on Fridays in the Lower and Main Halls, respectively. Time is 7-9 pm.



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.



Cathedral

CHILDREN'S AND TEENS ALL SAINTS PARTY



31st October
6.30pm to 8.30pm
Fun Food and Entertainment
Come dressed as your favourite saint
Great prizes for the best costume.
Secondary School Pupils in Lower Hall
Primary School Pupils in Main Hall

Cathedral



Alpha is a series of interactive sessions that explore faith, life and God in a relaxed open environment. Engage your friends in conversations about the big questions of life.
27 million people have tried Alpha in homes, cafes, pubs and churches all over the world.
• When? Sundays at 7.30 pm
• Where? Cathedral Main Hall
• Who? Anyone, any faith or none. All welcome.
You can register for these Alpha sessions on the Cathedral website:
www.stmaryscathedralaberdeen.org

WELCOME BACK!
We warmly welcome back to the Cathedral Fr Patrick Amoah who will be assisting Fr Keith in the months to come. Fr Peter served in the Cathedral in 2010 and no doubt many parishioners will remember his engaging smile.



TAKE A STAND FOR LIFE
From September 27 to November 5, our community will take part in 40 Days for Life ... With God's help, this will mark the beginning of the end of abortion in our city — and beyond. See www.40daysforlife.com/local-campaigns/aberdeen/ for more details.

SENIOR CLUB
The Senior Club are having a bring and buy sale of home made cakes and lots more.
Wednesday 1st November @ 2pm
All Welcome

HEALING SERVICE
Healing service is to be held on Thursday 3rd November after the 7pm Mass, in conjunction with the Eucharistic Mission, being held at the Cathedral starting on the 28th October. **All Welcome**

BUILDING FUND
Next Sunday there will be our regular monthly second collection for the Building Fund.

CATHEDRAL 11:15 CHOIR
Practice: Thursday evenings in the Ogilvie Centre, up the stairs at the side entrance to the Cathedral at 7pm. New members are very welcome especially altos, tenors and basses. We sing a wide range of music from Gregorian chant to Graham Kendrick. Please do consider joining us.
Musical Instruments: Do you have an old electronic keyboard, or a violin, or any other musical instrument that you no longer want cluttering up your home? If so we could put them to good use. Collection can be arranged. Please get in touch with any member of the choir/music group, or email us at music@cathedral-abdn.org Thank you!

BOOK SHOP
A great selection of books now in the shop.
Why we're Catholic—Trent Horne
Who do you say you are?—Lucy Russell
How to find your Soulmate—Jason Evert
A little way of Healing—T Pauline Edwards
Benedict XV1—Last Testament
Finding God in Anxiety and Depression—Antonio Ritaccio
Ways of forgiveness—John Edwards
Lovely organic soap
5 pack Christmas cards £2.00
Selection of candles
2018 Diary only 80p
Raffle for Christmas baubles to hang on your tree. Pop into the shop and have a look!

SPUC SCOTLAND
A SPUC Petition is available at the back of the church to oppose the campaign to extend abortion. Please sign the Petition to help mobilise opposition to this threat to future generations of children.



EUCCHARISTIC ADORATION MISSION
OCTOBER 28—NOVEMBER 3
Beginning with all Sunday Masses on the 28th when Fr Nicholas Grace will preach on the Eucharist & Perpetual Adoration. Then, from Monday to Friday there will be a Holy Hour each night from 8.00-9.00pm. On Wednesday November 1 there will be an additional Mass at 7.00pm for the Solemnity of All Saints which will be followed by a talk on the Liturgy and the Eucharist, and Holy Hour.



DIVINE RENOVATION
We are hoping to move to a new phase in the life of the Cathedral. We are inviting anyone who is interested in seeing the parish move from a maintenance parish to a mission orientated parish to join us in reading Fr James Mallon's book, *Divine Renovation: Bringing your parish from Maintenance to Mission*. We shall be reading through the book together and discussing its contents. Please buy a copy of the book and then join us for the meetings in the Clergy House. Wednesday 8th, 15th and 22nd November at 7pm.

"FIREPROOF"
Movie Night: Saturday, 18 November starts promptly at 7:00 pm, in the Clergy House. Free admission. Bring your own snacks. Film is 1 hr 55 mins; discussion afterwards (15 minutes). All welcome.
FIREPROOF - Synopsis
Caleb Holt is a formidable firefighter chief who lives by the firefighters' motto: "Never leave your partner behind." At home, however, he lives by his own rules; consequently, his wife is contemplating leaving him. While Caleb's job at work is to rescue people, his biggest challenge at home is to try to save his wife's heart. What plan does he follow in order to win back his wife's love?

HARVEST FAIR
Aberdeen Cathedral Catholic Women's Organisation
Invite you to a Harvest Fair & Fundraiser to help the less privileged on Saturday 25th Nov in the Main Hall preceded by a Thanksgiving Mass in the Upper Hall. Jumble Sale, nail painting, tombola, disco, table tennis, food and refreshments. Like to help? Call Stella on 07449951415 or email: nnesin@yahoo.com



Deanery & Diocese

ROHINGYA EMERGENCY APPEAL
Facing brutality and destruction, the suffering Rohingya people are in agony; may we hear their cries and respond!
SCIAF
Uniting to end poverty
Caritas Scotland
Please pray for these people in great need and donate to SCIAF's emergency appeal: www.sciaf.org.uk



Weekly Calendar

Mon	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 Crede Community Meeting Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Klaudiusz Mozolewski 07928323313
Tue	Magnificat Prayer Group 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 nnesin@yahoo.com St. Vincent de Paul Feeding the homeless Contact: Evelyn Murray murray.evelyn@sky.com Rite of Christian Initiation of Adults (RCIA) Cathedral House at 7.30pm Contact: Fr Keith
Wed	Light Exercise Class for all Main Hall at 10:00am Contact: Laura Walker 0777 3 021 851 laura@laurawalkerlimited.co.uk Beloved Disciples Bible study and growing in faith Clergy House Dining Room After 12:30 Mass Contact: Kevin O'Carroll Seniors Club Speakers, fun & fellowship Main Hall at 2 pm every 2 weeks Contact: Jean on 01569 765 799 Healing of Memories Prayer for the healing of painful memories of the past to bring peace to the present. Clergy House at 2.30pm (by appointment) Contact: Deacon Tony 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 - 8.00pm Contact: Patricia Malikebu 07891 714 549
Thu	Cenacolo Prayer Group Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996 Band Practice Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: John Costaschuk Cathedral Choir practice 7pm in the Ogilvie Centre
Fri	Altar Servers' Practice Church from 6.00 to 7.00pm Contact: Simon bebbie_no1@hotmail.com Youth Groups For teenagers between 11 & 17 Halls 7pm to 9pm Contact: St. Andrew's Community
Sat	Church Cleaning Church at 10.30am Contact: Joyce Webster 01224 319 154 K4J (Kids for Jesus) Youth group for P2's to P7's in the Main Hall from 12.30pm to 2pm African Choir (As above) Upper Hall from 6 - 8.00pm
Sun	Choir Rehearsal Leading the music for 11:15 Sunday Mass Upper Hall 10.00am Contact: Shelagh Noden Alpha Main Hall after 7.30