

Entrance Antiphon

Ps 53: 6,8

See, I have God for my help.  
The Lord sustains my soul.  
I will sacrifice to you with willing heart,  
and praise your name, O Lord, for it is good.

Collect

Show favour, O Lord, to your servants  
and mercifully increase the gifts of your grace,  
that, made fervent in hope, faith and charity,  
they may be ever watchful in keeping your commands.  
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

Jeremiah 23:1-6

‘Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered – it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel, says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them.

Right, I will take care of you for your misdeeds – it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost – it is the Lord who speaks!

‘See, the days are coming – it is the Lord who speaks – when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The-Lord-our-integrity.’

Responsorial Psalm

Ps 22:1-6

*The Lord is my shepherd: there is nothing I shall want.*

The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me,  
to revive my drooping spirit. **R**

He guides me along the right path;  
he is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
with these you give me comfort. **R**

You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing. **R**

Surely goodness and kindness shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever. **R**

Second reading

Ephesians 2:13-18

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God: in his own person he killed the hostility. Later he came to bring the good news of peace, *peace to you who were far away and peace to those who were near at hand*. Through him, both of us have in the one Spirit our way to come to the Father.

Gospel Acclamation

Jn 10:27

Alleluia, alleluia!  
The sheep that belong to me listen to my voice,  
says the Lord,  
I know them and they follow me.  
Alleluia!

Gospel

Mark 6:30-34

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, ‘You must come away to some lonely place all by yourselves and rest for a while’; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

Prayer over the Offerings

O God, who in the one perfect sacrifice brought to completion varied offerings of the law, accept, we pray, this sacrifice from your faithful servants and make it holy, as you blessed the gifts of Abel, so that what each has offered to the honour of your majesty may benefit the salvation of all. Through Christ our Lord.

Communion Antiphon

Cf. Ps 110:4-5

The Lord, the gracious, the merciful,  
has made a memorial of his wonders;  
he gives food to those who fear him.

Prayer after Communion

Graciously be present to your people, we pray, O Lord, and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life. Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	586	Praise we our God with joy
Offertory	661	The Lord's my shepherd
Communion	397	Jesus, my Lord
Marian Antiphon	597	Salve, Regina
Recessional	466	Loving shepherd of thy sheep



# St Mary's Cathedral



20 Huntly Street, Aberdeen AB10 1SH [www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)

## Good News Weekly

### The 'Fro Has To Go

*An interview with Andres Hernandez about his experience with the youth pilgrimages.*

Q: This will be your sixth Youth Pilgrimage. Why did you decide to go in the first place?

A: I liked the idea of going to Ireland, meeting new people and having an adventure.

Q: What has been your most memorable event?

A: Going to Poland in 2016 for World Youth Day. It was amazing to go to the field where we celebrated Mass with the Pope along with 1-2 million others. I enjoyed talking to people and seeing how far everyone traveled to be there for their faith and to celebrate Mass.

Q: How have these trips helped you grow in your faith?

A: I was 15 when I first went and I had gone to confession only once. I was given the opportunity to grow and think deeper about my faith because it is a time set apart from normal life. I made good friends to help me to continue to grow in my faith when I came home. These pilgrimages have also helped me to appreciate things in my life, like my family, friends, house... even my bed! While climbing the mountains, I was even inspired by other pilgrims who were climbing barefoot; something I had never seen before. Those mountains were hard to climb, but were well worth it with the amazing peace we found at the top.

Q: What were the challenges?

A: It was hard to pray every day. I had to learn how to say the Hail Mary and, at the beginning, when it came time to say the rosary, we were all falling asleep! By the end of the pilgrimage though we were actually enjoying it. Patience was also challenging when other teens didn't want to go to sleep after a long day. It was also difficult for me to transition from being a youth to a youth leader. More responsibility... but worth it!

Q: What have you learned about being a leader?

A: Lots of planning! It's also more fulfilling because you can help the teens grow in their faith and share your own life experience with them. You see them change during the course of their pilgrimage.

Q: How would you encourage a teen to go?

A: The pilgrimages are different from other trips you might go on. You will grow in your faith, see different cultures, make lasting friendships (even if you are shy like me), and appreciate the life you have now. The trips are reminders of why we have our faith and that God is always with us. Even if we have fallen away from the faith during the year- it is a time of renewal. You will remember these pilgrimages for life.

Q: What can you say to all the benefactors?

A: Thank you so much for helping us go! When you are investing in these teens, you are putting money into forming our future church. Thank you for providing for us and supporting us. Without your help a lot of the youth would not be able to go- especially those families that have more than one teen going. It really is money well spent.

Q: Andres, it is very kind of you to have a fundraiser to cut your hair. Are you ready to lose your locks?

A: No... but the youth and other leaders have convinced me it's worth it. And if I were looking for a reason to do it, it would be hard to find a better one.



If you'd like to help support this summer's Youth Pilgrimage please see our 'Go Fund Me' page at <https://www.gofundme.com/the-fro-has-to-go>



### Clergy & Religious

**Administrator:** Fr. Keith Herrera  
01224 640 160  
[administrator@cathedral-abdn.org](mailto:administrator@cathedral-abdn.org)

**Assistant Priest:** Fr. Janusz Wilczynski SAC (Polish Chaplain)  
[curate1@cathedral-abdn.org](mailto:curate1@cathedral-abdn.org)

**Assistant Priest:** Fr Peter Amoah  
[curate2@cathedral-abdn.org](mailto:curate2@cathedral-abdn.org)

**Deacon:** Deacon Tony Schmitz  
[deacon@cathedral-abdn.org](mailto:deacon@cathedral-abdn.org)

**Holy Family Sisters of Needy:** Sr Mary Chidalu  
01224 970 812 or 07863 065 345  
[hfsn@rcd-abdn.org](mailto:hfsn@rcd-abdn.org)

**St Andrew Community:** 07754 891 808  
[standrewscommunity@cathedral-abdn.org](mailto: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](mailto:manager@cathedral-abdn.org)

**Secretary:** Cowan Watson  
[secretary@cathedral-abdn.org](mailto:secretary@cathedral-abdn.org)

**Finance/Gift Aid:** John Costello  
[finance@cathedral-abdn.org](mailto:finance@cathedral-abdn.org)

**Cathedral Safeguarding:** TBC  
email: TBC  
More information: Parish website or [www.scottishcatholicsafeguarding.org.uk](http://www.scottishcatholicsafeguarding.org.uk)

**Music Director:** Shelagh Noden  
[music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

**Shop Manager:** Barbara Mearns  
[shop@cathedral-abdn.org](mailto:shop@cathedral-abdn.org)

**Bulletin:** [bulletin@cathedral-abdn.org](mailto:bulletin@cathedral-abdn.org)  
Notices to be in by Tuesday evening

**Hall Bookings:** [halls@cathedral-abdn.org](mailto:halls@cathedral-abdn.org)  
Call between 9am & 1pm only  
Terms & Conditions see Parish website

### Liturgical Ministries

**Head Sacristan:** Jacqueline Armstrong  
[jacquelinearmstr@hotmail.com](mailto:jacquelinearmstr@hotmail.com)

**Readers:** Irma Allan 07714718708  
[irmalalan@gmail.com](mailto:irmalalan@gmail.com)

**Euch. Ministers:** John MacKinnon 07926 628 941  
[johnmackinnon2602@hotmail.co.uk](mailto:johnmackinnon2602@hotmail.co.uk)

**Children's Catechesis:** Ruth Paterson 01224 593069  
[ruthpaterson@hotmail.com](mailto:ruthpaterson@hotmail.com)

**Stewards:** Diego Mejias Morffe 07960 325 046  
[dmejiasmorffe@gmail.com](mailto:dmejiasmorffe@gmail.com)

**Altar Servers:** George Brand 01224 630 159  
[geobra@msn.com](mailto:geobra@msn.com)

**Flowers:** Pixie Mather 07763064146  
[pixie2704@sky.com](mailto:pixie2704@sky.com)

### Notices

**Adoration:** Monday - Saturday 6.00am-12 midnight

**Confessions:** Tuesdays 6.00pm  
Saturdays 10.30am & 6.00pm

**Morning Prayer:** Monday - Friday 6.30am

**Rosary:** Saturdays 10.30am (for Priests)

**Housebound? Coeliacs:** John MacKinnon (See above) for visits  
Speak to clergy before Mass

**Sunday Coffees:** Ann Ryans 07545 615 198  
[annryans@aol.com](mailto:annryans@aol.com)

**Natural Family Planning (NFP):** Margaret Hammond  
[nfp@cathedral-abdn.org](mailto:nfp@cathedral-abdn.org)

Mass Times				
Date	Details	Service	Time	Mass Intentions
Sun 22nd	16th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Intentions of Mr Dean  Parish Intentions  For our Members of Parliament
Mon 23rd	Saint Bridget of Sweden, Religious—Feast	Mass Mass Evening Prayer Mass	7.00am 12:30pm 6.30pm 7.00pm	Marriage of Ewai Danial Rugaia Jean & Louise RIP
Tue 24th		Mass Mass	7.00am 7.00pm	Marina Pinto RIP
Wed 25th	Saint James, Apostle—Feast	Mass Mass	7.00am 12.30pm	Calanan Family For the Recovery of Inga Thomas
Thu 26th		Mass Mass	7.00am 7.00pm	Intentions of Mr Dean
Fri 27th		Mass Mass Mass	7.00am 12.30pm 6.00pm	Lorina Anta RIP
Sat 28th		Mass Vigil Mass	10.00am 7.00pm	For the Recovery of Inga Thomas For our Members of Parliament
Sun 29th	17th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Parish Intentions   Rest & Repose the Souls of Canon Peter Barry

**Mass Intention Envelopes**

These are available at the back of the Church. Print details and post through Clergy House letter box.  
It may not always be possible for Mass to be celebrated on your preferred date or at the 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.

**OFFERTORY: £3,868.73**

## Cathedral

### GIFT AID



Gift Aid allows our church to claim back the basic rate tax that you have already paid.

We can claim back 25p for every £1 donated, boosting the value of the donation by a quarter.  
This means if you donate £10 the government gives the Church an extra £2.50. If you donate £100 we get an extra £25 or £1,000 an extra £250 **at no cost to you!**  
So, if you're a UK tax payer please complete and sign a Gift Aid Form.  
Completed forms can be given to the stewards or handed in to the Clergy House.

### HELEN SMITH

It is with much sadness that we announce the death of Helen Smith whose funeral took place on Friday 20th July. Helen was a Cathedral parishioner for many years and made an outstanding contribution to the life of the Church including, with her husband Jamus, the founding of the first Charismatic Prayer Group in Scotland.

### SVDP

INCOME

Polish Collection .....£47.85  
Box Collections..... £116.61  
Anon Donation.....£10.10  
Total.....£179.56

Spend on  
Food.....£162.80

Please thank our sister Church in Banchory for the very welcome kind donation of goods that we received last week.  
Eve Murray.

### CATHEDRAL SAFEGUARDING

#### Volunteer Wanted

A Safeguarding Co-ordinator is required to assist Fr. Keith with safeguarding in the Cathedral Parish. Contact:  
[administrator@cathedral-abdn.org](mailto:administrator@cathedral-abdn.org)

### CATHEDRAL BOOKSHOP

#### ANNOUNCEMENT

"Sunday Missal Special Offer"  
20% off Sunday Missals while stocks last.

## Cathedral



**Cathedral Bookshop**

**VOLUNTEERS REQUIRED**  
A selection of days and times available..  
To apply please pick up an application form from the shop or from Barbara Mearns, Shop Manager.

**PARISH RECIPE BOOK FUNDRAISER**  
Know some delicious recipes?  
Want to share them with others?  
James is putting together a parish recipe book as a parish fundraiser. If you'd like to help or can supply a recipe, please contact him at [volunteers@cathedral-abdn.org](mailto:volunteers@cathedral-abdn.org) or hand in your recipe to the parish office.

**Fr KEITH ABSENCE**  
Please note that Fr Keith will be attending a conference from 14th to 27th July and will be absent from the parish.



**ADORATION - TIMES**

If you are able to commit weekly to an hour of Eucharistic Adoration, the following hours all need a faithful adorer:

Monday: 11.00am/1.00pm.  
Tuesday: 8.00am/10.00am/3.00pm/4.00pm/11.00pm  
Wednesday: 9.00am/3.00pm  
Thursday: 8.00am/9.00am/12.00pm/1.00pm/5.00pm  
Friday: 11.00am/1.00pm/2.00pm/3.00pm/5.00pm  
Saturday: 2.00pm/8.00pm/9.00pm

To register email: [adoration@cathedral-abdn.org](mailto:adoration@cathedral-abdn.org)

## Deanery & Diocese

### YOUTH PILGRIMAGE TO FRANCE 1st to 18th AUGUST

**The Teens Need to Eat... and the 'Fro has Got to Go!**

Please help us raise our remaining balance for the Youth Pilgrimage to France. This is a time for spiritual growth, for discovering more about oneself and for developing friendships.  
Andres will be standing at the back of the church ready to be 'shorn' of his hair in return for your donation. (For electronic donations see <https://www.gofundme.com/the-fro-has-to-go>)



### SALVATION ARMY TALK

"Leadership - A Christian Challenge"

Presented by Major-General Tim Cross CBE, Former President, Armed Forces Christian Union.  
**Aberdeen Citadel, Saturday 28th July at 4.00pm**

### A CHANCE FOR YOUNG CATHOLIC MEN TO EXPERIENCE MONASTIC LIFE AT PLUSCARDEN ABBEY

The Benedictine monks of Pluscarden Abbey offer a special opportunity to see what monastic life is about, during the **weekend Friday 3rd to Monday 6th August 2018**. The invitation is for single young men, Catholics who practise their faith, aged 18-35. There will be no charge for the weekend. Anyone interested contact Fr Benedict Hardy OSB:  
[novicemaster@pluscardenabbey.org](mailto:novicemaster@pluscardenabbey.org)  
Pluscarden Abbey, Elgin, IV30 8UA.  
01343 890257 [www.pluscardenabbey.org](http://www.pluscardenabbey.org)

### CATHOLIC RELIGIOUS EDUCATION

From August Aberdeen City Council will be continuing its programme of Catholic Religious Education for pupils of its secondary schools.  
**Classes will begin the week of: Monday 27th August at Harlaw Academy.**  
Register at: <http://www.abernet.org/rcrc> or call Mr Charlie Love on 01224 522287.

### BISHOP'S GARDEN PARTY 28th JULY

You are invited to a Garden Party in aid of the Bishop's Garden Fund and the Volunteer Garden Project for Aberdeen Action on Drugs and Alcohol.  
Bishop's House, Old Aberdeen, 11.00am till 3.00pm. Adults £4, Children/Concessions £2.  
Tickets will be on sale at the back of the Church after all Sunday Masses.  
For more details contact Pixie: 07763064146

### YOUTH LOURDES PILGRIMAGE

**6-11th October 2018**

This is for young Catholics aged 15-25 who wish to take their faith to the next level. Organised by the Dominican Sisters of St Cecilia.  
Cost £300. Details from the Sisters:  
Contact: [op@rcda.scot](mailto:op@rcda.scot)

### HOUSING FOR OLDER, AND DISABLED PEOPLE & DISABLED VETERANS IN ABERDEEN

This summer, **Housing Options Scotland** will be holding free drop in events all over the country to give housing information, advice and support to disabled people, older people, disabled veterans and those who support them.  
Housing Options Scotland and DPHS will be in **Aberdeen at Sheddocksley Baptist Church on Tuesday 24th July between 10.00am and 3.00pm.**  
To find out more and book a free place visit:  
<https://bit.ly/2k8rgUY>  
To find out more about Housing Options Scotland visit website: [www.housingoptionsscotland.org.uk](http://www.housingoptionsscotland.org.uk) or call on: 0131 247 1400.

### SIMPLYHEALTH GREAT ABERDEEN RUN

**SUNDAY 26TH AUGUST 2018**

The Simplyhealth Great Aberdeen Run will take place on Sunday 26th August. It includes the half marathon, 10k run and family run.  
All races on the day start and finish on Union Street, with the event village to support the occasion located on Union Terrace. Many roads within the city centre and surrounding areas will be affected by the event, and road closures and traffic diversions will be in operation on the day like those enforced during the 2017 event. A map of the run will be posted on the Cathedral website closer to the date.  
For more information, contact Stephen O'Neill on: 01224 522 916 or [stoneill@aberdeencity.gov.uk](mailto:stoneill@aberdeencity.gov.uk)

## Weekly Calendar

<b>Mon</b>	<b>Mother &amp; Toddler Group</b> For parents with young children. All ages welcome. Main Hall from 13.30-15.30pm Contact: Yi-pei Chou 0745 5479 479  <b>Credo Community Meeting</b> Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Damian Gloc 07939418178
<b>Tue</b>	<b>Magnificat Prayer Group</b> 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 <a href="mailto:nnesin@yahoo.com">nnesin@yahoo.com</a>  <b>St. Vincent de Paul</b> Feeding the homeless Contact: Evelyn Murray <a href="mailto:murray.evelyn@sky.com">murray.evelyn@sky.com</a>  <b>Maintenance to Mission</b> Discussing parish transformation Cathedral House at 7.30pm Contact: Fr Keith
<b>Wed</b>	<b>Light Exercise Class for all</b> Main Hall at 10:00am Contact: Laura Walker 0777 3 021 851 <a href="mailto:laura@laurawalkerlimited.co.uk">laura@laurawalkerlimited.co.uk</a>  <b>Seniors Club</b> Speakers, fun & fellowship Main Hall at 2.00 pm every 2 weeks Contact: Jean 01569 765 799  <b>Healing of Memories</b> Prayer for the healing of painful memories of the past to bring peace to the present. Contact Deacon: <a href="mailto:tony.schmitz@gmail.com">tony.schmitz@gmail.com</a>  <b>Legion of Mary</b> Lower Hall from 6pm to 7.30pm Contact: Nogie Osula <a href="mailto:nogisula@yahoo.com">nogisula@yahoo.com</a>  <b>African Choir</b> For Africans and anyone else. Upper Hall from 6.00- 8.00pm Contact: Patricia Malikebu 07891 714 549
<b>Thu</b>	<b>Cenacolo Prayer Group</b> Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996  <b>Band Practice</b> Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: <a href="mailto:john.costaschuk@gmail.com">john.costaschuk@gmail.com</a>  <b>Cathedral Choir Rehearsal for the 11:15 Sunday Mass</b> 7.00pm in Ogilvie Centre, contact Shelagh Noden: <a href="mailto:music@cathedral-abdn.org">music@cathedral-abdn.org</a>
<b>Fri</b>	<b>Altar Servers' Practice</b> Church from 6.00 to 7.00pm Contact: Simon <a href="mailto:begbie_no1@hotmail.com">begbie_no1@hotmail.com</a>  <b>Youth Groups</b> Edge (P7-S2) & Lifeteen (S3-S6) Hall 7.00pm to 9.00pm Contact: St. Andrew's Community
<b>Sat</b>	<b>Voluntary Church Cleaning</b> Church after morning rosary.  <b>K4J (Kids for Jesus)</b> Youth group for P2's to P7's. Main Hall from 12.30pm to 2.00pm  <b>African Choir (As above)</b> Upper Hall from 6.00 - 8.00pm
<b>Sun</b>	<b>Choir Rehearsal</b> Leading the music for 11:15 Sunday Mass Upper Hall 10.00am