

**Entrance Antiphon**

Cf. Ps 73: 20, 19, 22, 23

Look to your covenant, O Lord,  
and forget not the life of your poor ones for ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek you.

**First reading**

1 Kings 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'O Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

**Responsorial Psalm**

Psalm 33(34):2-9

**Taste and see that the Lord is good.**

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. **R**

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. **R**

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called, the Lord heard him  
and rescued him from all his distress. **R**

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. **R**

**Second reading**

Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.  
Try, then, to imitate God as children of his that he loves and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

**Gospel Acclamation**

Jn14:23

Alleluia, alleluia!  
If anyone loves me he will keep my word,  
and my Father will love him,  
and we shall come to him. Alleluia!

**Gospel**

John 6:41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: *They will all be taught by God,* and to hear the teaching of the Father, and learn from it, is to come to me.

Not that anybody has seen the Father, except the one who comes from God: he has seen the Father.

I tell you most solemnly, everybody who believes has eternal life.

'I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

**Communion Antiphon**

Ps 147: 12, 14

O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.

**Prayer after Communion**

May the communion in your Sacrament that we have consumed, save us, O Lord, and confirm us in the light of your truth. Through Christ our Lord. Amen.

| Sunday 11.15am Mass  |     |  |
|----------------------|-----|--|
| Entrance Hymn        | 110 | Alleluia, sing to Jesus (omit verse 2)                                   |
| Sprinkling: Response |     | Water of life, cleanse and refresh us. Raise us to life in Christ Jesus. |
| Offertory            | 349 | I am the bread of life   |
| Communion            | 500 | O bread of heaven  |
| Marian Antiphon      | 597 | Salve, Regina  |
| Recessional          | 582 | Praise to the holiest  |



# St Mary's Cathedral



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

## Good News Weekly

### Triumph Of The Cross

I am from St Mary's on The Hill Parish in Glengormley, North Belfast. One of our three parish churches was burned to the ground in a devastating sectarian attack almost 17 years ago in June 2001.

A beautiful new church was built on the site and reopened just over two years later in October 2003. The Parish priest, Fr Dan Whyte, immediately established daily Eucharistic Adoration from 9.00am to 6.00pm. Parishioners quickly committed to specific weekly Holy Hours. In the past 10 years our parish has flourished.

We now have many new initiatives, such as Adult Faith Catechesis programs, a lively youth group, flourishing cell groups, a brand new parish pastoral centre, two young men studying for the priesthood and, in fact, the joy of one of them being ordained in the newly rebuilt church.

God's ways are mysterious, but for me it provides great food for thought that the church in our parish, which was once the victim of a sectarian attack, has in recent years become the flagship for the spread of Eucharistic Adoration throughout our diocese; the Diocesan Adoration Apostolate, to which I belong, was formed and trained in our new parish church nearly five years ago. We have, so far, worked successfully in two thirds of our parishes, spreading Eucharistic Adoration throughout the diocese, and are now well on our way to completing this task.

Our newly rebuilt church has a 40 foot high steel cross, which stands alone outside the church.



Through effective use of lighting, this cross is dramatically reflected in the clear night sky across the entire local area, of mixed population, even stretching as far as Belfast Lough.

It is also thought provoking to note that there is a small river running behind the church, which forms the exact border between Down and Connor and means that St Bernard's Church is geographically located right in the centre of the diocese, the best possible position for our Apostolate in travelling to all parishes.

This, for me, is another wonderful example of the triumph of the cross and of how God enacts his marvellous plans, out of an apparent disaster, and from the charred ruins of our beloved parish church.

"In all your ways acknowledge Him, lean not on your own understanding"



### 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?** John MacKinnon (See above) for visits

**Coeliacs:** 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 12th   | 19th Sunday in Ordinary Time                           | Mass<br>Polish Mass<br>Solemn Mass<br>Polish Mass<br>Mass | 8.00am<br>9.30am<br>11.15am<br>3.00pm<br>6.00pm | Candido, Rafaela & Gabriela RIP<br><br>Diocesan Intentions<br><br>Augustina and Justina Unigwe RIP |
| Mon 13th   |  | Mass<br>Mass  | 7.00am<br>12:30pm                               | Nezehat Yurrtas RIP<br>Rebecca Cox   |
| Tue 14th   | Saint Maximilian Kolbe, Priest, Martyr                 | Mass<br>Vigil Mass  | 7.00am<br>7:00pm                                | Mrs Vera Ferrao RIP  |
| Wed 15th   | Solemnity of the Assumption of the Blessed Virgin Mary | Mass<br>Mass<br>Mass                                      | 7.00am<br>12.30pm<br>7.00pm                     | Sam & Ella Odjoi- God's Guidance<br>Dominador Garote RIP   |
| Thu 16th   |  | Mass<br>Mass  | 7.00am<br>7.00pm                                | Susie Burns  |
| Fri 17th   |  | Mass<br>Mass  | 7.00am<br>12.30pm                               | Sam & Ella Odjoi- God's Guidance   |
| Sat 18th   |  | Mass<br>Vigil Mass  | 10.00am<br>7.00pm                               | Alistair Poole<br>Special Intentions of Sabahat Family   |
| Sun 19th   | 20th Sunday in Ordinary Time                           | Mass<br>Polish Mass<br>Solemn Mass<br>Polish Mass<br>Mass | 8.00am<br>9.30am<br>11.15am<br>3.00pm<br>6.00pm | Successful Ceremony for Suecie<br><br>Parish Intentions<br>Marina Marioni                          |

**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: £2,461.59**

## 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.

### Fr KEITH

Please note that Fr Keith will be accompanying the Youth Pilgrimage to France from 1st August to 18th August and will be absent from the parish.

### NOW AVAILABLE A Scattering of Seeds.

A little collection of short sermons by Canon Bill Anderson, has now been published, costing £7. Available from the Cathedral Shop or Office.

### SVDP

INCOME

Polish Collection .....£37.02  
Box Collections..... £147.09

Total.....£184.11

Spend on

Food.....£247.39  
Clothing for Poor .....£45.50

Total .....£292.89

Many thanks to all our benefactors for their generosity. Eve Murray.

### HOLY DAY OF OBLIGATION THE ASSUMPTION OF THE BLESSED VIRGIN MARY

Kindly note that 7.00pm Mass for the Solemnity of the Assumption on Wednesday 15th August will be preceded by sung Evening Prayer at 6.30 pm.

### CATHEDRAL BOOKSHOP ANNOUNCEMENT

"Sunday Missal Special Offer"  
20% off Sunday Missals while stocks last. Also, now available 2018 issue of the Scots College Magazine

## 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.

### ADORATION - TIMES

If you are able to commit weekly to Eucharistic Adoration, the following need a faithful adoror:

**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)  
Note: If you have a changing work schedule sign-up online each week on: <https://stmarysadoration.youcanbook.me>

### 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.

### THE JOURNEY- A REFUGEE PHOTOGRAPHIC EXHIBITION

Learn about the real human stories behind the suffering of the Rohingya people at this photographic exhibition, supported by Justice and Peace Scotland and SCIAF, which will be hosted at the cathedral from 15th to 31st of August.

The Marriage Course is a series of seven sessions, designed for couples who are seeking to strengthen their relationship and build a strong marriage. The course starts on **Wednesday 19th September, and ends on 31st October.**

Some couples do the course to intentionally invest in their relationship; others are looking to address more specific challenges. Either way, the course offers essential tools and practical ideas to help you build a relationship that lasts a lifetime.

On the Marriage Course you are seated at your own table for two. Each course is unique, but usually every session will include food, a practical talk and time for private discussion between you and your partner. You never share anything about your relationship with anyone other than your partner.

This course is open to all married couples.  
Register: <http://www.stmaryscathedralaberdeen.org/marriage/marriage-course/>  
For details contact: [marriagecourse.st.mary@gmail.com](mailto:marriagecourse.st.mary@gmail.com)



## Deanery & Diocese

### 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)

### 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.

### MARGARET SINCLAIR PILGRIMAGE

The 2018 Annual Pilgrimage to pray for Beatification of the Venerable Margaret Sinclair will take place on 9th September from 2.00 to 6.00pm at St Patrick's Church, Cowgate, Edinburgh.

### CHANGE TO FOODBANK OPENING HOURS

The Foodbank located at 5 St Machar Drive, AB24 3YJ, will be open Monday-Friday 10.00am - 12.00pm and 2.00 - 4pm until further notice.

### 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. If you normally travel to Mass by car please note that you will have to leave your car outwith the city-centre exclusion zone and continue to the Cathedral on foot.** A map of the run has been posted on the Cathedral website.

### PROJECT TRUTH - SPUC SCOTLAND

Project Truth is an award winning youth outreach project run by SPUC Scotland. They travel round the towns and cities of Scotland, bringing the pro-life message to the streets. To support their work go to: "Go Fund Me Project Truth".

## Weekly Calendar

|            |   |
|------------|---|
| <b>Mon</b> | <b>Mother &amp; Toddler Group</b><br>For parents with young children. All ages welcome. Main Hall from 13.30-15.30pm<br>Contact: Yi-pei Chou<br>0745 5479 479   |
|            | <b>Credo Community Meeting</b><br>Polish charismatic prayer group.<br>Main Hall at 7.30pm .<br>Contact: Damian Gloc<br>07939418178  |
| <b>Tue</b> | <b>Magnificat Prayer Group</b><br>7.30pm in the Lower Hall after Mass.<br>Contact: Stella Maria Onuoha<br>0744 9951 415<br><a href="mailto:nnesin@yahoo.com">nnesin@yahoo.com</a>                         |
|            | <b>St. Vincent de Paul</b><br>Feeding the homeless<br>Contact: Evelyn Murray<br><a href="mailto:murray.evelyn@sky.com">murray.evelyn@sky.com</a>  |
|            | <b>Maintenance to Mission</b><br>Discussing parish transformation<br>Cathedral House at 7.30pm<br>Contact: Fr Keith   |
| <b>Wed</b> | <b>Light Exercise Class for all</b><br>Main Hall at 10:00am<br>Contact: Laura Walker 0777 3 021 851<br><a href="mailto:laura@laurawalkerlimited.co.uk">laura@laurawalkerlimited.co.uk</a>                 |
|            | <b>Seniors Club</b><br>Speakers, fun & fellowship<br>Main Hall at 2.00 pm every 2 weeks<br>Contact: Jean 01569 765 799  |
|            | <b>Healing of Memories</b><br>Prayer for the healing of painful memories of the past to bring peace to the present.<br>Contact Deacon: <a href="mailto:tony.schmitz@gmail.com">tony.schmitz@gmail.com</a> |
|            | <b>Legion of Mary</b><br>Lower Hall from 6pm to 7.30pm<br>Contact: Nogie Osula<br><a href="mailto:nogisula@yahoo.com">nogisula@yahoo.com</a>  |
|            | <b>African Choir</b><br>For Africans and anyone else.<br>Upper Hall from 6.00- 8.00pm<br>Contact: Patricia Malikebu<br>07891 714 549  |
| <b>Thu</b> | <b>Cenacolo Prayer Group</b><br>Exposition & Rosary praying for healing of those with addictions<br>Church after Mass<br>Contact: Liam Sharkey<br>07774 931 996   |
|            | <b>Band Practice</b><br>Contemporary music for Sunday 6pm<br>Mass<br>Upper Hall after Mass<br>Contact: <a href="mailto:john.costaschuk@gmail.com">john.costaschuk@gmail.com</a>                           |
|            | <b>Cathedral Choir Rehearsal for the 11:15 Sunday Mass</b><br>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><br>Church from 6.00 to 7.00pm<br>Contact: Simon<br><a href="mailto:bebie_no1@hotmail.com">bebie_no1@hotmail.com</a>  |
|            | <b>Youth Groups</b><br>Edge (P7-S2) & Lifeteen (S3-S6)<br>Hall 7.00pm to 9.00pm<br>Contact: St. Andrew's Community  |
| <b>Sat</b> | <b>Voluntary Church Cleaning</b><br>Church after morning rosary.  |
|            | <b>K4J (Kids for Jesus)</b><br>Youth group for P2's to P7's. Main Hall from 12.30pm to 2.00pm   |
|            | <b>African Choir (As above)</b><br>Upper Hall from 6.00 - 8.00pm  |
| <b>Sun</b> | <b>Choir Rehearsal</b><br>Leading the music for 11:15 Sunday Mass<br>Upper Hall 10.00am   |