

Entrance Antiphon Cf. Ps 87: 3

Let my prayer come into your presence.  
Incline your ear to my cry for help, O Lord.

**Collect**  
Almighty and merciful God,  
graciously keep from us all adversity,  
so that, unhindered in mind and body alike,  
we may pursue in freedom of heart  
the things that are yours.  
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 1 Kings 17:10-16

Elijah the Prophet went off to Sidon. And when he reached the city gate, there was a widow gathering sticks; addressing her he said, ‘Please bring me a little water in a vessel for me to drink.’ She was setting off to bring it when he called after her. ‘Please’ he said ‘bring me a scrap of bread in your hand.’ ‘As the Lord your God lives,’ she replied ‘I have no baked bread, but only a handful of meal in a jar and a little oil in a jug; I am just gathering a stick or two to go and prepare this for myself and my son to eat, and then we shall die.’ But Elijah said to her, ‘Do not be afraid, go and do as you have said; but first make a little scone of it for me and bring it to me, and then make some for yourself and for your son. For thus the Lord speaks, the God of Israel:

“Jar of meal shall not be spent,  
jug of oil shall not be emptied,  
before the day when the Lord sends  
rain on the face of the earth.”

The woman went and did as Elijah told her and they ate the food, she, himself and her son. The jar of meal was not spent nor the jug of oil emptied, just as the Lord had foretold through Elijah.

Responsorial Psalm Psalm 145:6-10

*My soul, give praise to the Lord.*

It is the Lord who keeps faith for ever,  
who is just to those who are oppressed.  
It is he who gives bread to the hungry,  
the Lord, who sets prisoners free, **R**  
It is the Lord who gives sight to the blind,  
who raises up those who are bowed down,  
the Lord, who protects the stranger  
and upholds the widow and orphan. **R**

It is the Lord who loves the just  
but thwarts the path of the wicked.  
The Lord will reign for ever,  
Zion’s God, from age to age. **R**

Second reading Hebrews 9:24-28

It is not as though Christ had entered a man-made sanctuary which was only modelled on the real one; but it was heaven itself, so that he could appear in the actual presence of God

on our behalf. And he does not have to offer himself again and again, like the high priest going into the sanctuary year after year with the blood that is not his own, or else he would have had to suffer over and over again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgement, so Christ, too, offers himself only once to take the faults of many on himself, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

Gospel Acclamation Rv2:10

Alleluia, alleluia!  
Even if you have to die, says the Lord,  
keep faithful, and I will give you  
the crown of life.  
Alleluia!

Gospel Mark 12:38-44

In his teaching Jesus said, ‘Beware of the scribes who like to walk about in long robes, to be greeted obsequiously in the market squares, to take the front seats in the synagogues and the places of honour at banquets; these are the men who swallow the property of widows, while making a show of lengthy prayers. The more severe will be the sentence they receive.’

He sat down opposite the treasury and watched the people putting money into the treasury, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then he called his disciples and said to them, ‘I tell you solemnly, this poor widow has put more in than all who have contributed to the treasury; for they have all put in money they had over, but she from the little she had has put in everything she possessed, all she had to live on.’

Communion Antiphon Cf. Ps 22:1-2

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.

**Prayer after Communion**  
Nourished by this sacred gift, O Lord,  
we give you thanks and beseech your mercy,  
that, by the pouring forth of your Spirit,  
the grace of integrity may endure  
in those your heavenly power has entered.  
Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	514	O God, our help in ages past
Offertory	234	Dear Lord and Father of mankind
Communion	Choir	Da pacem Domine (grant us peace)
Marian Antiphon	597	Salve, Regina
Recessional	110	Alleluia, sing to Jesus



**St Mary's Cathedral**  
20 Huntly Street, Aberdeen AB10 1SH [www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)



# Good News Weekly

## THERE’S ALWAYS TIME FOR GOD WHEN WE MAKE TIME

**St. Mother Teresa was speaking to one of the bishops in India about the overwhelming amount of work they were doing. He said, “I am so busy, that I hardly have time to pray.” Mother Teresa replied, “If you are too busy to pray, you are too busy!”**

“Imagine for a moment that we are living in Jesus’ time and He has invited us to visit with Him and spend some quiet time getting to know Him better. Being aware who He was, we would be humbled and honoured by such an invitation. The good news is that Jesus is here with us TODAY - body, blood, soul and divinity – in the Holy Eucharist. Although Jesus comes to us under the appearance of bread and wine, His presence is as real to us NOW as He was flesh-and-blood-real to His disciples when he walked this earth. He can perform miracles, heal us, teach us, and love us. We can talk to Him and He can speak to us through His Word and through the Holy Spirit who lives in us through our baptism and confirmation.

Adoration of the Blessed Sacrament is the best time you will spend on earth. It will make your soul everlastingly more glorious and beautiful in Heaven. A Holy Hour of adoration helps bring everlasting peace to your soul and in your family. It brings us personal peace and strength. It brings us a greater love for Jesus, for each other, and for the poor. When the Sisters are exhausted, up to their eyes in work; when all seems to go awry, they spend

an hour in prayer before the Blessed Sacrament. This practice has never failed to bear fruit: they experience peace and strength.



If you are looking for vocations, as a community have adoration often every day if possible. Once the Missionaries of Charity started daily adoration, their vocations doubled. I know I would not be able to work one week if it were not for that continual force coming from Jesus in the Blessed Sacrament (during my Holy Hour of Adoration).

To be alone with Jesus in adoration and intimate union with Him is the Greatest Gift of Love - the tender love of Our Father in Heaven. We cannot underestimate the power of prayer and the difference it will make in our world.”



St Mother Teresa of Calcutta  
([crossroadsinitiative.com](http://crossroadsinitiative.com))



### Clergy & Religious

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

**Assistant Priest:** Fr Emmet O’Dowd  
[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 07741 54 00 39  
[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:** [finance@cathedral-abdn.org](mailto:finance@cathedral-abdn.org)

**Cathedral Safeguarding:** Siobhán Gilmour, Patrycja Lwaszkiewicz  
Email: [safeguarding@cathedral-abdn.org](mailto:safeguarding@cathedral-abdn.org)  
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:** Kevin O’Carroll 07784317898  
[kevin.ocarroll@live.com](mailto:kevin.ocarroll@live.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 07763 064 146  
[pixie2704@sky.com](mailto:pixie2704@sky.com)

### Notices

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

**Confessions:** Tuesdays 6.00pm  
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](mailto:awilliamryans1234@gmail.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 4th	32nd Sunday in Ordinary Time	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Souls in Purgatory Intentions Diocesan Intentions  Parish Intentions
Mon 5th		Mass Mass	7.00am 12.30pm	During November all Masses will be offered for the Souls in Purgatory.  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.
Tue 6th		Mass Mass	7:00am 7.00pm	
Wed 7th		Mass Mass	7.00am 12.30pm	
Thu 8th		Mass Mass	7.00am 7.00pm	
Fri 9th	Saint Margaret of Scotland—Feast	Mass Mass	7.00am 12.30pm	
Sat 10th		Mass Vigil Mass	10.00am 7.00pm	Souls in Purgatory Intentions Diocesan Intentions  Parish Intentions
Sun 11th	33rd Sunday in Ordinary Time	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	

### OFFERTORY REPORTING

The offertory will now be reported on a quarterly basis which will allow us to give a more accurate figure which will include the weekly and the Direct Debit 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

### JUSTICE AND PEACE GROUP MEETING

St Mary's Cathedral Justice and Peace Group meeting will be held on Thursday 15th November from 7:30pm to 9:00pm at The Parlour, Clergy House.

We will be discussing 'Temptations faced by pastoral workers' in light of *Evangelii Gaudium* (76-109). All are welcome.




### FIRST AID

It would be reassuring to have a ‘First Aider’ present at each Mass. If you have appropriate medical training, please let us know which Mass you attend and send your contact details to:  
[secretary@cathedral-abdn.org](mailto:secretary@cathedral-abdn.org)  
so we can compile a register.

### SVdP

INCOME  
Polish Collection ..... £4.90  
Box Collections.....£194.67  
Total.....£199.57  
Spend on food.....£123.22

**Volunteer needed urgently**  
Do you have spare time on a Tuesday Morning from 8.30am. to 10.30. We urgently need a volunteer who is reasonably strong to help us carry food up and down stairs. Grateful thanks to all supporters. Eve Murray




### EARLY MORNING MASSES

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

### HOUSEBOUND


Do you know anyone who is housebound and who would like to receive Holy Communion at home? If so, please contact Deacon Tony:  
[deacon@cathedral-abdn.org](mailto:deacon@cathedral-abdn.org)  
or phone him on 01224 640160.



## Cathedral

**NEW SAFEGUARDING COORDINATORS**  
Our new safeguarding coordinators are **Siobhán Gilmour and Patrycja Lwaszkiewicz**.  
Siobhán attends the 11:15 Mass and has been in the parish since 1999. She will be bringing with her the experience she has gained working on the Children’s Panel. Patrycja, a member of the Polish Community, works at St Joseph’s Primary School and is very involved with catechesis.  
Both will officially begin their roles once their training and paperwork have been completed, which we hope will be soon. Each will have the following separate areas of responsibility:


PATRYCJA LWASZKIEWICZ	SIOBHÁN GILMOUR
Legion of Mary Holy Family Sisters of the Needy—K4J Polish Community (Renata Koncewicz) Children’s Liturgy Catechists	Extraordinary Ministers of Holy Communion Altar Servers Sacristans Children’s Choir Spanish Community St Vincent de Paul



**CATHEDRAL 200 CLUB**  
**£50 Monthly prize**  
Help maintain our cathedral by subscribing £5 a month to the 200 club. Each month there are 4 prizes of £50.  
**£50 Monthly Prize winners:**  
Mrs I Melling, Ms P Maley, Rev J Wire, Mr D Dieseru. Organiser: Irvine Long  
[stmaryscathedralfinance@gmail.com](mailto:stmaryscathedralfinance@gmail.com)

### CHILDREN’S CHOIR

A Children's Choir is being formed in **St Mary’s Cathedral** to sing on the first Sunday of each month.  
If your child would be interested in being part of this choir, please pick up one of the letters which are available at the back of the church, or email [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)  
**Interviews will be held on November 15th**



### RUSSIAN CHOIR—MONDAY 12th NOVEMBER at 7.30pm

Free concert in the Cathedral by the vocal ensemble “Resurrection” from St Petersburg.

### TEMPORARY CLEANER

The Cathedral is looking for a temporary cleaner to do general cleaning work around the Cathedral and Halls. We would like someone who could start work immediately and work for 2-3 days a week. This work would be paid. If interested please contact the Parish Manager on 01224 640160.

### ROAD CLOSURE ON 14th NOVEMBER

Please note that on Wednesday 14th November, the upper part of Crimmon Place will be closed due to filming. Entrance to the car park will be by Golden Square

### 100TH ANNIVERSARY OF POLAND REGAINING INDEPENDENCE

In 1918, World War I was over and Poland was free after spending 123 years divided amongst the three neighbouring powers.  
Poland regained its sovereignty exactly on **11<sup>th</sup> of November 1918**.  
Polish Catholics in Aberdeen would like to mark this one hundredth birthday. Everyone is welcome! Please, join us in **the Main Hall on Sunday, 11<sup>th</sup> of November after 3pm Polish Mass**.  
You will hear the poems of well-known Polish poets, but not only, as it will be a unique opportunity to sing Polish patriotic songs together in a relaxed atmosphere. Admission is free, refreshments available.

## Deanery & Diocese

### REMEMBER/ADORE/CELEBRATE

The following Holy hours and Masses will be held to **REMEMBER** our loved ones who have passed away.

**16th November at Sacred Heart, Torry**  
**23rd November at Our Lady of Aberdeen**  
**30th November at the Cathedral (Huntly Street)**  
**6.00—6.50 pm: Remembrance & Adoration**  
**7.00 - 8.00 pm: Mass**  
**8.00 - 9.00 pm: Refreshments**

### OGILVIE CENTRE FORMATION EVENTS 2018

**YOUTH MINISTERS’ WEEKEND RETREAT**  
**MEN’S RETREAT**  
Kilcoy Castle, Black Isle, 23-25 November 2018  
Details from Sr. Anna Christi at: [ogilvie@rcda.scot](mailto:ogilvie@rcda.scot)

### ONE DAY YOUTH MISSION

For all youth P7 upwards  
**Saturday 24th November, from 11am-5.15pm**  
**Catholic Church Inverurie.**  
Ends after 4.30pm Vigil Mass.  
No fee and lunch provided. Details:  
[youth.inveruriecatholicchurch@gmail.com](mailto:youth.inveruriecatholicchurch@gmail.com)

### St. Andrew’s Children’s Society Adoption and Foster Care

Many children across Scotland need stable, loving families to care for them on a long term or permanent basis. Their birth families are not able to provide the safe environment that would allow them to flourish and become confident and well balanced adults. Could you provide the stability and love these children deserve? If you like to find out more about adopting or fostering a child, please **Contact us on 01224 878158** or [info@standrews-children.org.uk](mailto:info@standrews-children.org.uk)

## Weekly Calendar

**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

**Gospel Choir**  
Lower Hall at 7pm  
Contact: [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

**Credo Community Meeting**  
Polish charismatic prayer group.  
Main Hall at 7.30pm .  
Contact: Damian Gloc  
07939418178

**Magnificat Prayer Group**  
7.30pm in the Lower Hall after Mass.  
Contact: Stella Maria Onuoha  
0744 9951 415  
[nnesin@yahoo.com](mailto:nnesin@yahoo.com)

**St. Vincent de Paul**  
Feeding the homeless  
Contact: Evelyn Murray  
[murray.evelyn@sky.com](mailto:murray.evelyn@sky.com)

**Aberdeen Diocesan Choir**  
Upper Hall 7.30 - 9.00 pm, contact: Paula Silvester: [enquiriesADC@hotmail.com](mailto:enquiriesADC@hotmail.com)

**Light Exercise Class for all**  
Main Hall at 10:00am  
Contact: Laura Walker 0777 3 021 851  
[laura@laurawalkerlimited.co.uk](mailto:laura@laurawalkerlimited.co.uk)

**Seniors Club**  
Speakers, fun & fellowship  
Main Hall at 2.00 pm every 2 weeks  
Contact: Jean 01569 765 799

**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](mailto:tony.schmitz@gmail.com)

**Legion of Mary**  
Lower Hall from 6pm to 7.30pm  
Contact: Nogie Osula  
[nogisula@yahoo.com](mailto:nogisula@yahoo.com)

**African Choir**  
For Africans and anyone else.  
Upper Hall from 6.00- 8.00pm  
Contact: Patricia Malikebu  
07891 714 549

**Cenacolo Prayer Group**  
Exposition & Rosary praying for healing of those with addictions  
Church after Mass  
Contact: Liam Sharkey  
07774 931 996, [liamsharkey@ymail.com](mailto:liamsharkey@ymail.com)

**Band Practice**  
Contemporary music for Sunday 6pm Mass  
Upper Hall after Mass  
Contact: [john.costaschuk@gmail.com](mailto:john.costaschuk@gmail.com)

**Cathedral Choir Rehearsal**  
Clergy House at 7.00pm  
Contact Shelagh Noden  
[music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

**Altar Servers’ Practice**  
Church from 6.00 to 7.00pm  
Contact: Simon [begbie\\_no1@hotmail.com](mailto:begbie_no1@hotmail.com)

**Youth Groups**  
Edge (P7-S2) & Lifeteen (S3-S6)  
Hall 7.00pm to 9.00pm  
Contact: St. Andrew’s Community

**Voluntary Church Cleaning**  
Church after morning rosary.

**K4J (Kids for Jesus)**  
For kids aged 4 to 10 years old.  
Lower Hall from 12.30pm to 2.00pm

**African Choir (As above)**  
Upper Hall from 6.00 - 8.00pm

**Choir Rehearsal**  
Leading the music for 11:15 Sunday Mass  
Upper Hall 10.00am