

**Entrance Antiphon**

Cf. Ps 85: 3, 5

Have mercy on me, O Lord, for I cry to you all the day long.  
O Lord, you are good and forgiving,  
full of mercy to all who call to you.

**First reading**

**Deuteronomy 4:1-2,6-8**

Moses said to the people: 'Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, "No other people is as wise and prudent as this great nation." And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?'

**Responsorial Psalm**

**Psalm 14(15):2-5**

**The just will live in the presence of the Lord.**

Lord, who shall dwell on your holy mountain?

He who walks without fault;  
he who acts with justice  
and speaks the truth from his heart;  
he who does not slander with his tongue. **R**

He who does no wrong to his brother,  
who casts no slur on his neighbour,  
who holds the godless in disdain,  
but honours those who fear the Lord. **R**

He who keeps his pledge, come what may;  
who takes no interest on a loan  
and accepts no bribes against the innocent.  
Such a man will stand firm for ever. **R**

**Second reading**

**James 1:17-18,21-22,27**

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

**Gospel Acclamation**

cf. Jn6:63,68

Alleluia, alleluia!  
Your words are spirit, Lord, and they are life;  
you have the message of eternal life. Alleluia!

**Gospel**

**Mark 7:1-8,14-15,21-23**

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service, while their hearts are far from me. The worship they offer me is worthless, the doctrines they teach are only human regulations.

You put aside the commandment of God to cling to human traditions.' He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.'

**Communion Antiphon**

**Ps 30: 20**

How great is the goodness, Lord,  
that you keep for those who fear you.

**Prayer after Communion**

Renewed by this bread from the heavenly table,  
we beseech you, Lord, that, being the food of charity,  
it may confirm our hearts  
and stir us to serve you in our neighbour.

Sunday 11.15am Mass		
Entrance Hymn	333	Holy God, we praise thy name
Offertory	Choir	The Lord's my shepherd
Communion	397	Jesus, my Lord, my God, my all
Marian Antiphon	597	Salve, Regina
Recessional	604	Seek ye first



# St Mary's Cathedral

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



## Good News Weekly

### "When I ran, that was my time to talk to God"

When Daphyne started running, she hoped it would help her feel better physically and mentally.

She was overweight and borderline diabetic, a single mother working full time while caring for two daughters and her terminally-ill mother. She had to do something.

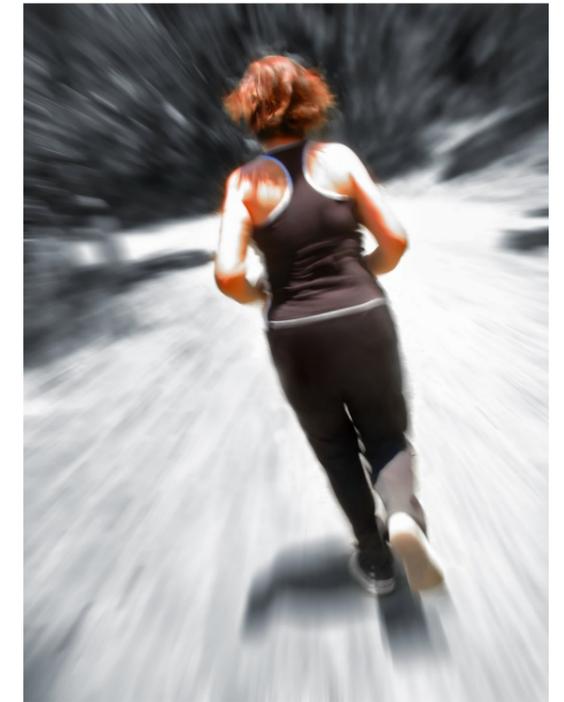
Running fulfilled her hopes a thousand times over, but she didn't anticipate what turned out to be its biggest benefit of all: It brought her closer to God. "When I ran, that was my time to talk to God," says Jackson, now 53.

"I could feel the spirit. It was so freeing. I could pray. I could just talk to God like I was talking to you. If I needed to cry, I could cry. If I needed to scream, I could scream. I could do anything." A dozen marathons later, Daphyne's relationship with running and with God continues. If she's not listening to gospel music during those miles, she's streaming her church's sermons or she's praying.

And while a strong faith won't necessarily make you healthier, nor a healthy body make you more faithful, the two are as woven together as ribbon through a braid.

When Daphyne is encouraging people to take care of themselves, she tells them that in the Bible "our body is a temple. We should take care of the temple. God loves us like he loves the church, and if we are a temple, we are the church so you have to take care of yourself."

"We're physical beings and we are here on a physical planet. What more can we offer to God than allowing ourselves to pay attention to our



physical selves by action, by movement, by learning?"

As for Daphyne, she continues to seek and to hold tight to spirituality with every mile, every hill, ever pothole and sunset.

"Every time I step out on a course, I'm stepping out on faith," she says. "That first step on the starting line, I pray and my prayer is, 'Let thy will be done.'"

<https://www.thespec.com/living-story/>



### 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  
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 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:** [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)

**Each. 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

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

**Housebound? 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 2nd	22nd Sunday in Ordinary Time	Mass Polish Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Parish Intentions For the Family of Late Emmanuel Odoiyo. RIP
Mon 3rd		Mass Mass	7.00am 12:30pm	Private Intention Jeanette & Family
Tue 4th		Mass Mass	7.00am 7:00pm	For Religious Sisters Successful Marriage
Wed 5th		Mass Mass	7.00am 12.30pm	
Thu 6th		Mass Mass	7.00am 7.00pm	Louise, RIP
Fri 7th		Mass Mass	7.00am 12.30pm	Healing of Jacob.C
Sat 8th	The Birthday of the Blessed Virgin Mary - Feast	Mass Vigil Mass	10.00am 7.00pm	Aleyamma Mathew RIP Healing of Liju.K
Sun 9th	23rd Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Private Intention Parish Intentions Stewart Family

**Mass Intention Envelopes**

These 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.

It may not always be possible for Mass to be celebrated on your preferred date or at the Sunday 11:15 Mass is normally reserved for the Administrator's or Bishop's Intentions for the Parish or Diocese.

**OFFERTORY: £1,738.15**

### Cathedral

#### SENIOR CLUB

The new season for the Club starts again on Wednesday 5th September at 2.00 pm. New members are welcome.

#### CONFIRMATION CLASS

If you would like your child to attend this class, which will prepare them to receive the Sacrament of Confirmation in the forthcoming session, then please complete the registration form on our website.

Class begins on Friday 28th September with a mandatory parents' meeting at 5.30pm in the Cathedral Lower Hall. The Confirmation class will start after this meeting at 6.00pm. The class will finish at 7.00pm and will be followed by Youth Group from 7.00pm until 9.00pm. Attendance at both the class, the Youth Group and Sunday Mass is obligatory.

#### SVdP

INCOME  
Polish Collection .....£22.40  
Box Collections..... £108.19  
Total.....£130.59  
Total Spend on Food....£138.14

Many thanks to all who donate to our work. Your kindness is really appreciated.  
Eve Murray

#### HEALING SERVICE

The Healing Service will take place in the Cathedral on Thursday 13th September, after the 7pm Mass.  
All welcome.

#### CATHEDRAL BOOKSHOP

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

#### PARISH RECIPE BOOK FUNDRAISER

Know some delicious recipes? 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.

### Cathedral



**Alpha**

explore  
life  
faith  
meaning  
Begins  
Wednesday September 26  
at 7pm, register: [alpha@cathedral-abdn.org](mailto:alpha@cathedral-abdn.org)

#### 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.

On Saturday 8 September from 11am to 1pm a first aid course conducted by the British Red Cross will be held in the Main Hall. The course is open to all parishioners. There is no charge for the course and those who complete it will receive a 'First Aid Learning' certificate



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.** Register online at: <http://www.stmaryscathedralaberdeen.org/marriage/marriage-course/> For more details contact: [marriagecourse.st.mary@gmail.com](mailto:marriagecourse.st.mary@gmail.com)



### Deanery & Diocese

#### FLOODING IN KERELA

The devastating floods in Kerela, India, have been featured in the news recently. SCIAF is working with its sister organisation, Caritas India, to help as many of the affected people as possible. Find out more here:  
<https://www.sciaf.org.uk/news/244-supporting-thousands-devastated-by-indian-floods>

#### BISHOP'S CONFERENCE OF SCOTLAND NATIONAL PILGRIMAGE 2018

To the Shrine of Our Lady of Lourdes at Carfin  
In honour of St John Ogilvie  
**3.00 pm on SUNDAY 2ND SEPTEMBER 2018**  
Principal Celebrant Archbishop Philip Tartaglia  
Homilist Bishop Stephen Robson

#### CAR BOOT SALE

**Saturday 8th September 10.00am-12.30pm**  
St Joseph's Car Park, Tanfield Walk, Woodside, AB24 4AQ.  
£10 a pitch, £12 if table needed.  
Tel 07577771173 to book a space Details Hilary Young

#### 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.**

#### MASS OF ORDINATION TO THE DIACONATE

Rt Rev Hugh Gilbert OSB Bishop of Aberdeen cordially invites Clergy, Religious and Parishioners to The Mass of Ordination to the Diaconate of Domenic Nwaigwe to take place at St Mary's, Inverness on **Friday 14th September 2018 at 6pm**  
Please be seated by 5.30pm  
RSVP St Mary's House, 14 Chanonry, Aberdeen AB24 1RP  
[joyce@rcd-abdn.org](mailto:joyce@rcd-abdn.org)

#### OGILVIE CENTRE FORMATION EVENTS 2018

**Youth Ministers' Weekend Retreat**  
Kilcoy Castle, Back Isle, 23-25 September 2018

**Catechist and Faith Formators Retreat**  
Pluscarden Abbey, Elgin, 29th September 2018

**Women's Retreat**  
Kilcoy Castle, Black Isle, 9-11 November 2018

**Men's Retreat**  
Kilcoy Castle, Black Isle, 23-25 November 2018  
For details email Sr. Anna Christi at: [ogilvie@rcda.scot](mailto:ogilvie@rcda.scot)

#### BETHANY CHRISTIAN TRUST CELEBRATIONS

35 years of ending homelessness.  
A night of reflection, celebration vision.  
Tuesday 11th September at 7.30pm  
Crown Terrace Methodist Church,  
8 Crown Terrace, Aberdeen AB11 6HE  
Free tickets from Evenbrite or call 0131 561 8927

#### KINNOULL WEEKEND

Renewal Weekend by Fr Chris Thomas  
Friday 19<sup>th</sup> to Sunday 21st October 2018  
St. Mary's, KINNOULL, Perth  
Fr Chris is a well-known author and speaker. This residential weekend starts with supper on Friday at 7pm and ends with lunch on Sunday. Telephone enquiries or bookings to Margaret on 01542 882116

#### ENCOUNTER CHRIST RETREATS FOR YOUNG SINGLE WOMEN

The Dominican Sisters invite Catholic women between the ages of 18 and 35 to a peaceful and refreshing weekend away with Christ. The retreat is held on the **weekends of 2-4 November and 22-24 March 2019 at Greyfriars Convent in Elgin.** To sign up for one of these, please contact Sr. Mary Gianna, OP at [op@rcda.scot](mailto:op@rcda.scot). There is a £30 suggested donation.

### Weekly Calendar

Mon	<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
Tue	<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>Aberdeen Diocesan Choir</b> Upper Hall 7.30 - 9.00 pm, contact: Paula Silvester: <a href="mailto:enquiriesADC@hotmail.com">enquiriesADC@hotmail.com</a>
Wed	<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
Thu	<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>
Fri	<b>Altar Servers' Practice</b> Church from 6.00 to 7.00pm Contact: Simon <a href="mailto:bebbie_no1@hotmail.com">bebbie_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
Sat	<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
Sun	<b>Choir Rehearsal</b> Leading the music for 11:15 Sunday Mass Upper Hall 10.00am