

**Entrance Antiphon** Ps 69: 2,6

O God, come to my assistance;  
O lord, make haste to help me!  
You are my rescuer, my help;  
O Lord, do not delay.

**First reading** Exodus 16:2-4,12-15

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God."'

And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

**Responsorial Psalm** Psalm 77(78):3-4,23-25,54

**The Lord gave them bread from heaven.**

The things we have heard and understood,  
the things our fathers have told us,  
we will tell them to the next generation:  
the glories of the Lord and his might. **R**

He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. **R**

Mere men ate the bread of angels.  
He sent them abundance of food;  
He brought them to his holy land,  
to the mountain which his right hand had won. **R**

**Second reading** Ephesians 4:17,20-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires.

Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

**Gospel Acclamation** Jn14:6

Alleluia, alleluia!  
I am the Way, the Truth and the Life, says the Lord;  
No one can come to the Father except through me. Alleluia!

**Gospel** John 6:24-35

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: *He gave them bread from heaven to eat.*' Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.' 'Sir,' they said 'give us that bread always.' Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

**Communion Antiphon** Wis 16:20

You have given us, Lord, Bread from heaven,  
Endowed with all delights and sweetness in every taste.

Sunday 11.15am Mass		
Entrance Hymn	142	As the deer pants for the water
Offertory	349	I am the bread of life
Communion		Choir Ecce Panis Angelorum <i>Behold the bread of angels</i>
Marian Antiphon	597	Salve, Regina
Recessional	497	Now thank we all our God



# St Mary's Cathedral



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

## Good News Weekly



One of the most encouraging developments in the universal Church in the fifty years since Vatican II has been the spread and growth of Eucharistic Adoration in parishes, schools and communities.

This led Pope Benedict to remark that "today there is a 'Eucharistic springtime' in the Church. How many people pause in silence before the Tabernacle to engage in a loving conversation with Jesus!"

He continued: "It is comforting to know that many groups of young people have rediscovered the beauty of praying in adoration before the Most Blessed Sacrament. I pray that this Eucharistic 'springtime' may spread increasingly in every parish."

In the time before Vatican II, Eucharistic Adoration and Benediction were often regarded as devotional exercises, whilst in the period

after the Council, as St. John Paul II said, Eucharistic Adoration stems from the Sacrifice of the Mass itself, as its natural extension and as an "important daily exercise that becomes an inexhaustible source of holiness."

Just as in the Mass, Christians worship God and join themselves to Christ in His self - offering to the Father through the Holy Spirit, so too the worship of God in the Mass continues in silent wonder, prayer and adoration in Eucharistic Exposition.

One naturally leads to the other, the Mass to Adoration. We honour and adore the Real Presence of Jesus in the celebration of the Mass and, as Blessed Paul VI put it, we desire frequently to visit Him afterwards as "a proof of gratitude, an expression of love, a duty of adoration."





### 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 5th	18th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Mr Dean - Special Intention  Diocesan Intentions  Marianna Joseph - Thanksgiving
Mon 6th	Feast of the Transfiguration of the Lord	Mass Mass	7.00am 12:30pm	Augustina & Justina Unigwe RIP Helen Smith RIP
Tue 7th		Mass Mass	7.00am 7:00pm	Nino Dieseru - Special Intention Margaret Whitley RIP
Wed 8th		Mass Mass	7.00am 12.30pm	Mr Deenan - Special Intention Marine Biras RIP
Thu 9th	Feast of St Teresa Benedicta of the Cross	Mass Mass	7.00am 7.00pm	Edward Reid Birthday Thanksgiving
Fri 10th	Feast of St Lawrence	Mass Mass	7.00am 12.30pm	Marie - Anne RIP
Sat 11th		Mass Vigil Mass	10.00am 7.00pm	Alistair Poole Special Intentions of Sabahat Family
Sun 12th	19th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Candido, Rafaela & Gabriela RIP  Diocesan Intentions  Augustina and Justina Unigwe RIP

#### 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: £2,071.40**

## 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.

### SVDP

INCOME

Polish Collection .....£43.15

Box Collections..... £133.07

Total.....£176.22

Spend on

Food.....£232.29

We send our grateful thanks to all our benefactors for their continued support. 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)

### Fr KEITH ABSENCE


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.

### CATHEDRAL BOOKSHOP


#### ANNOUNCEMENT

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

## Cathedral



**Cathedral Bookshop**



**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)

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**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.

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**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 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 28th 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: [marriage.st.mary@gmail.com](mailto:marriage.st.mary@gmail.com)



**The Marriage Course**

## 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: [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/rcree> 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.

### 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)

### 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.

### 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
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: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
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