

**Entrance Antiphon**

Cf. Ps 104: 3-4

Let the hearts that seek the Lord rejoice;  
turn to the Lord and his strength;  
constantly seek his face.

**Collect**

Almighty ever-living God,  
increase our faith, hope and charity,  
and make us love what you command,  
so that we may merit what you promise.  
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**

Exodus 22:20-26

The Lord said to Moses, ‘Tell the sons of Israel this:  
“You must not molest the stranger or oppress him, for you  
lived as strangers in the land of Egypt. You must not be harsh  
with the widow, or with the orphan; if you are harsh with them,  
they will surely cry out to me, and be sure I shall hear their cry;  
my anger will flare and I shall kill you with the sword, your own  
wives will be widows, your own children orphans.  
“If you lend money to any of my people, to any poor man  
among you, you must not play the usurer with him: you must  
not demand interest from him.  
“If you take another’s cloak as a pledge, you must give it back  
to him before sunset. It is all the covering he has; it is the cloak  
he wraps his body in; what else would he sleep in? If he cries to  
me, I will listen, for I am full of pity.”

**Responsorial Psalm**

Psalm 17:2-4,47,51

*I love you, Lord, my strength.*

I love you, Lord, my strength,  
my rock, my fortress, my saviour.  
My God is the rock where I take refuge;  
my shield, my mighty help, my stronghold.  
The Lord is worthy of all praise,  
when I call I am saved from my foes. **R.**

Long life to the Lord, my rock!  
Praised be the God who saves me,  
He has given great victories to his king  
and shown his love for his anointed. **R.**

**Second reading**

1 Thessalonians 1:5-10

You observed the sort of life we lived when we were with you,  
which was for your instruction, and you were led to become  
imitators of us, and of the Lord; and it was with the joy of the  
Holy Spirit that you took to the gospel, in spite of the great  
opposition all round you. This has made you the great example  
to all believers in Macedonia and Achaia since it was from you  
that the word of the Lord started to spread – and not only

throughout Macedonia and Achaia, for the news of your faith in  
God has spread everywhere. We do not need to tell other  
people about it: other people tell us how we started the work  
among you, how you broke with idolatry when you were  
converted to God and became servants of the real, living God;  
and how you are now waiting for Jesus, his Son, whom he raised  
from the dead, to come from heaven to save us from the  
retribution which is coming.

**Gospel Acclamation**

cf.Ac16:14

Alleluia, alleluia!  
Open our heart, O Lord,  
to accept the words of your Son.  
Alleluia!

**Gospel**

Matthew 22:34-40

When the Pharisees heard that Jesus had silenced the  
Sadducees they got together and, to disconcert him, one of  
them put a question, ‘Master, which is the greatest command-  
ment of the Law?’ Jesus said, ‘You must love the Lord your God  
with all your heart, with all your soul, and with all your mind.  
This is the greatest and the first commandment. The second  
resembles it: You must love your neighbour as yourself. On  
these two commandments hang the whole Law, and the  
Prophets also.’

**Prayer over the Offerings**

Look, we pray, O Lord,  
on the offerings we make to your majesty,  
that whatever is done by us in your service  
may be directed above all to your glory.  
Through Christ our Lord.

**Communion Antiphon**

Cf. Ps 19: 6

We will ring out our joy at your saving help  
and exult in the name of our God.

**Prayer after Communion**

May your Sacraments, O Lord, we pray,  
perfect in us what lies within them,  
that what we now celebrate in signs  
we may one day possess in truth.  
Through Christ our Lord.


Sunday 11.15am Mass		
Entrance Hymn	290	God is love
offertory	Choir	Ave Maria
Communion	500	Communion: O bread of heaven
Marian antiphon	597	Salve, Regina
Recessional	255	Christ be beside me

# Sunday Bulletin

29th October 2017

• 30th Sunday in Ordinary Time •


Year A



## St. Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH

[www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)



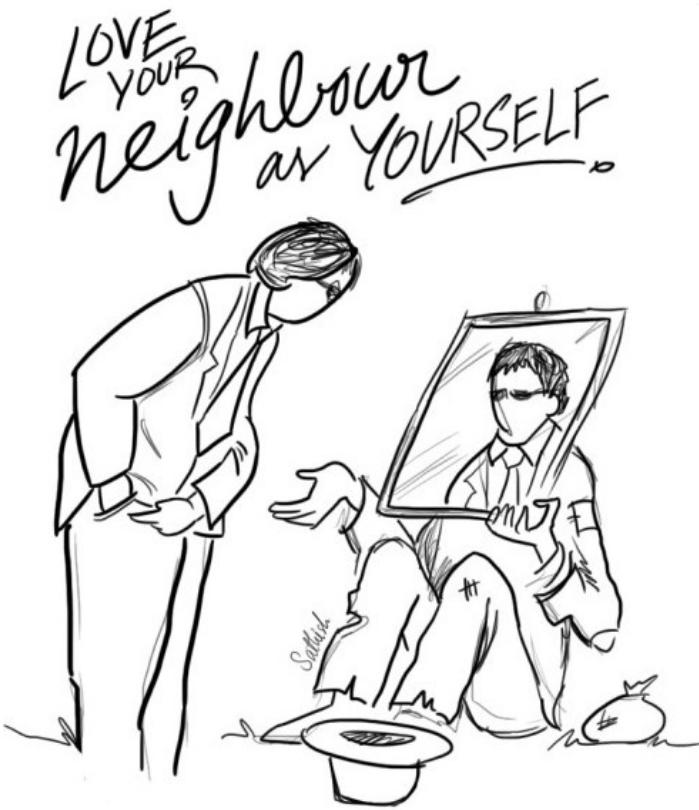
TOGETHER IN CHRIST

### Meditation

“Be holy, for I, the Lord your God, am holy” (Lv19:2). The people of God must take God as their model. He is loving and compassionate, slow to anger and rich in mercy. In his fidelity, he cares for those who cannot help themselves. The widow, the alien, the orphan are under his special protection.

The people bound to him by covenant must also show their fidelity by caring for the powerless. All the detailed laws of the covenant lead back to this basic principle: the sole demand of God is love.

Jesus says that the second commandment is like the first. In fact it is the manifestation of the first. If you love the Lord your God with your whole being, that love will show itself in the feeding of the hungry, the sheltering of the homeless, the release of the oppressed.



Jesus, the supreme revelation of the Father’s love, showed the depth of that love by giving his life for us when we were still powerless. The sign that we are his disciples is our love for one another.

Vienna International Religious Centre





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  
07404 716 536  
[abrampamemsah@yahoo.com](mailto:abrampamemsah@yahoo.com)

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

**Holy Family Sisters of Needy:**01224 970 812 or 07863 065 345  
[holyfamilysrs@yahoo.co.uk](mailto:holyfamilysrs@yahoo.co.uk)

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

Staff & Administration

**Telephone:** 0 1224 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:** Fiona Mitchell 07905 265194  
[fiona.j.mitchell@hotmail.co.uk](mailto:fiona.j.mitchell@hotmail.co.uk)  
More information: Parish website or [www.scottishcatholicssafeguarding.org.uk](http://www.scottishcatholicssafeguarding.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@cathedral-abdn.org](mailto:bulletin@cathedral-abdn.org)

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

**Hall Bookings:** Call between 9am & 1pm only  
Terms & Conditions see Parish website

Liturgical Ministries

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

**Readers:** Fiona Mitchell  
[fiona.j.mitchell@hotmail.co.uk](mailto:fiona.j.mitchell@hotmail.co.uk)

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

**Welcomers:** Gordon Webster 01224 592 246  
[webster200@btinternet.com](mailto:webster200@btinternet.com)

**Collectors:** 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 Mathers 07763064146  
[pixie2704@sky.com](mailto:pixie2704@sky.com)

Notices

<b>Adoration:</b>	Monday - Saturday	6.00am-12 midnight
<b>Confessions:</b>	Tuesdays	6pm
	Saturdays	10.30am & 6pm
<b>Morning Prayer:</b>	Monday - Friday	6.30am
	Saturdays	9.30am
<b>Evening Prayer:</b>	Thursdays	6.30pm
<b>Night Prayer:</b>	Thursdays	8.30pm
<b>Rosary:</b>	Fridays (Vocations)	1.30pm
	Saturdays (Priests)	10.30pm
<b>Housebound? Coeliacs:</b>	John MacKinnon (See above) for visits Speak to clergy before Mass	
<b>Sunday Coffees:</b>	Ann Ryans 07545 615 198 <a href="mailto:annryans@aol.com">annryans@aol.com</a>	
<b>Natural Family Planning (NFP)</b>	Margaret Hammond <a href="mailto:nfp@cathedral-abdn.org">nfp@cathedral-abdn.org</a>	

Mass Times

Date	Details	Service	Time	Mass Intentions
Sun 29th	30th Sunday in Ordinary Time	Mass Polish Mass Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Emmanuel K.O. Onukwu RIP  Parish Intentions  Giovanna Censabella RIP
Mon 30th		Mass Mass	7.00am 12.30pm	Patricia D. RIP Emmanuel K.O. Onukwu RIP
Tue 31st		Mass Mass	7.00am 7.00pm	Intentions of Chris Jones Healing of Matej Paulicek
Wed 1st	All Saints Solemnity	Mass Mass Solemn Mass	7.00am 12.30pm 7.00pm	Holy Souls Holy Souls Holy Souls
Thu 2nd	All Souls	Mass Solemn Mass	7.00am 7.00pm	Holy Souls Holy Souls
Fri 3rd		Mass Mass	7.00am 12.30pm	Holy Souls Holy Souls
Sat 4th		Mass Spanish Mass Mass	10.00am 5.00pm 7.00pm	Holy Souls Holy Souls Holy Souls
Sun 5th	31st Sunday in Ordinary Time	Mass Polish Mass Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Holy Souls  Holy Souls  Holy Souls

OFFERTORY 22/10/2017: £2159.48 MISSION SUNDAY: £1528.55

Mass Intention Envelopes—Please note that any further Mass intentions for October will be relayed to other churches in the Diocese where Mass will be celebrated.

Mass intention envelopes 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.

<i>Income</i>	<i>SVdP</i>	
Polish Collection	£ 42.81	
Box Collection	£ 71.73	
Total Income	£114.54	
Spend on Food		£244.10

As it is obvious that financial matters are becoming more difficult with rising prices and mindful that people have many obligations to meet, we are therefore very grateful to all those who support our work. thanks must go to all who support our work. We are deeply grateful to you all for your kind donations.

Cathedral

CHILDREN’S AND TEENS ALL SAINTS PARTY

31st October  
6.30pm to 8.30pm  
Fun Food and Entertainment  
Come dressed as your favourite saint  
Great prizes for the best costume.  
Secondary School Pupils in Lower Hall  
Primary School Pupils in Main Hall

Youth

LIFE TEEN

Please note that Lifeteen (S3-S6) and Edge (P7-S2) youth groups meet on Fridays in the Lower and Main Halls, respectively. Time is 7-9 pm.

FAITH & FUN ON SATURDAYS

Youth group for P2’s to P7’s  
In the Main Hall from 12.30pm to 2pm every Saturday afternoon. For more details and to register online please see our website.

Please take me home

Sunday 29th October, 2017

Cathedral

Alpha is a series of interactive sessions that explore faith, life and God in a relaxed open environment. Engage your friends in conversations about the big questions of life. 27 million people have tried Alpha in homes, cafes, pubs and churches all over the world.

- When? Sundays at 7.30 pm
- Where? Cathedral Main Hall
- Who? Anyone, any faith or none. All welcome.

You can register for these Alpha sessions on the Cathedral website:  
[www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)

WELCOME BACK!

We warmly welcome back to the Cathedral Fr Patrick Amoah who will be assisting Fr Keith in the months to come. Fr Peter served in the Cathedral in 2010 and no doubt many parishioners will remember his engaging smile.

TAKE A STAND FOR LIFE

From September 27 to November 5, our community will take part in 40 Days for Life ... With God’s help, this will mark the beginning of the end of abortion in our city — and beyond. See [www.40daysforlife.com/local-campaigns/aberdeen/](http://www.40daysforlife.com/local-campaigns/aberdeen/) for more details.

SENIOR CLUB

The Senior Club are having a bring and buy sale of home made cakes and lots more.  
**Wednesday 1st November @ 2pm**  
All Welcome

HEALING SERVICE

Healing service is to be held on Thursday 3rd November after the 7pm Mass, in conjunction with the Eucharistic Mission, being held at the Cathedral starting on the 28th October. **All Welcome**

BUILDING FUND

Next Sunday there will be our regular monthly second collection for the Building Fund.

CATHEDRAL 11:15 CHOIR

**Practice:** Thursday evenings in the Ogilvie Centre, up the stairs at the side entrance to the Cathedral at 7pm. New members are very welcome especially altos, tenors and basses. We sing a wide range of music from Gregorian chant to Graham Kendrick. Please do consider joining us.

**Musical Instruments:** Do you have an old electronic keyboard, or a violin, or any other musical instrument that you no longer want cluttering up your home? If so we could put them to good use. Collection can be arranged. Please get in touch with any member of the choir/music group, or email us at [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org) Thank you!

BOOK SHOP

**A great selection of books now in the shop.**  
Why we’re Catholic—Trent Horne  
Who do you say you are?—Lucy Russell  
How to find your Soulmate—Jason Evert  
A little way of Healing—T Pauline Edwards  
Benedict XV1—Last Testament  
Finding God in Anxiety and Depression—Antonio Ritaccio  
Ways of forgiveness—John Edwards  
Lovely organic soap  
5 pack Christmas cards £2.00  
Selection of candles  
2018 Diary only 80p  
Raffle for Christmas baubles to hang on your tree. Pop into the shop and have a look!

SPUC SCOTLAND

A SPUC Petition is available at the back of the church to oppose the campaign to extend abortion. Please sign the Petition to help mobilise opposition to this threat to future generations of children.

EUCCHARISTIC ADORATION MISSION

OCTOBER 28—NOVEMBER 3

Beginning with all Sunday Masses on the 28th when Fr Nicholas Grace will preach on the Eucharist & Perpetual Adoration. Then, from Monday to Friday there will be a Holy Hour each night from 8.00-9.00pm. On Wednesday November 1 there will be an additional Mass at 7.00pm for the Solemnity of All Saints which will be followed by a talk on the Liturgy and the Eucharist, and Holy Hour.

DIVINE RENOVATION

We are hoping to move to a new phase in the life of the Cathedral. We are inviting anyone who is interested in seeing the parish move from a maintenance parish to a mission orientated parish to join us in reading Fr James Mallon’s book, *Divine Renovation: Bringing your parish from Maintenance to Mission*. We shall be reading through the book together and discussing its contents. Please buy a copy of the book and then join us for the meetings in the Clergy House. Wednesday 8th, 15th and 22nd November at 7pm.

FIREPROOF

Movie Night: Saturday, 18 November starts promptly at 7:00 pm, in the Clergy House. Free admission. Bring your own snacks. Film is 1 hr 55 mins; discussion afterwards (15 minutes). All welcome.

**FIREPROOF - Synopsis**  
Caleb Holt is a formidable firefighter chief who lives by the firefighters’ motto: “Never leave your partner behind.” At home, however, he lives by his own rules; consequently, his wife is contemplating leaving him. While Caleb’s job at work is to rescue people, his biggest challenge at home is to try to save his wife’s heart. What plan does he follow in order to win back his wife’s love?

HARVEST FAIR

Aberdeen Cathedral Catholic Women’s Organisation  
Invite you to a Harvest Fair & Fundraiser to help the less privileged on Saturday 25th Nov in the Main Hall preceded by a Thanksgiving Mass in the Upper Hall. Jumble Sale, nail painting, tombola, disco, table tennis, food and refreshments. Like to help? Call Stella on 07449951415 or email: [nnesin@yahoo.com](mailto:nnesin@yahoo.com)

Deanery & Diocese

ROHINGYA EMERGENCY APPEAL

Facing brutality and destruction, the suffering Rohingya people are in agony; may we hear their cries and respond!

Please pray for these people in great need and donate to SCIAF’s emergency appeal: [www.sciaf.org.uk](http://www.sciaf.org.uk)

Weekly Calendar

Mon	<p><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</p> <p><b>Credo Community Meeting</b> Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Klaudiusz Mozolewski 07928323313</p>
Tue	<p><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></p> <p><b>St. Vincent de Paul</b> Feeding the homeless Contact: Evelyn Murray <a href="mailto:murray.evelyn@sky.com">murray.evelyn@sky.com</a></p> <p><b>Rite of Christian Initiation of Adults (RCIA)</b> Cathedral House at 7.30pm Contact: Fr Keith</p>
Wed	<p><b>Light Exercise Class for all</b> Main Hall at 10:00am Contact: Laura Walker 0777 3 021 851 <a href="http://laura@laurawalkerlimited.co.uk">laura@laurawalkerlimited.co.uk</a></p> <p><b>Beloved Disciples</b> Bible study and growing in faith Clergy House Dining Room After 12:30 Mass Contact: Kevin O’Carroll</p> <p><b>Seniors Club</b> Speakers, fun &amp; fellowship Main Hall at 2 pm every 2 weeks Contact: Jean on 01569 765 799</p> <p><b>Healing of Memories</b> Prayer for the healing of painful memories of the past to bring peace to the present. Clergy House at 2.30pm (by appointment) Contact: Deacon Tony</p> <p><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></p> <p><b>African Choir</b> For Africans and anyone else. Upper Hall from 6 - 8.00pm Contact: Patricia Malikebu 07891 714 549</p>
Thu	<p><b>Cenacolo Prayer Group</b> Exposition &amp; Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996</p> <p><b>Band Practice</b> Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: John Costaschuk</p> <p><b>Cathedral Choir practice</b> 7pm in the Ogilvie Centre</p>
Fri	<p><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></p> <p><b>Youth Groups</b> For teenagers between 11 &amp; 17 Halls 7pm to 9pm Contact: St. Andrew’s Community</p>
Sat	<p><b>Church Cleaning</b> Church at 10.30am Contact: Joyce Webster 01224 319 154</p> <p><b>K4J</b> (Kids for Jesus) Youth group for P2’s to P7’s in the Main Hall from 12.30pm to 2pm</p> <p><b>African Choir</b> (As above) Upper Hall from 6 - 8.00pm</p>
Sun	<p><b>Choir Rehearsal</b> Leading the music for 11:15 Sunday Mass Upper Hall 10.00am Contact: Shelagh Noden</p> <p><b>Alpha</b> Main Hall after 7.30</p>