

Entrance Antiphon Cf. Ps 24: 15-16

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

First Reading Exodus 20:1-17

God spoke all these words. He said, ‘I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery.
‘You shall have no gods except me. ‘You shall not make yourself a carved image or any likeness of anything in heaven or on earth beneath or in the waters under the earth; you shall not bow down to them or serve them. For I, the Lord your God, am a jealous God and I punish the father’s fault in the sons, the grandsons, and the great-grandsons of those who hate me; but I show kindness to thousands of those who love me and keep my commandments.

‘You shall not utter the name of the Lord your God to misuse it, for the Lord will not leave unpunished the man who utters his name to misuse it.

‘Remember the sabbath day and keep it holy. For six days you shall labour and do all your work, but the seventh day is a sabbath for the Lord your God. You shall do no work that day, neither you nor your son nor your daughter nor your servants, men or women, nor your animals nor the stranger who lives with you. For in six days the Lord made the heavens and the earth and the sea and all that these hold, but on the seventh day he rested; that is why the Lord has blessed the sabbath day and made it sacred.

‘Honour your father and your mother so that you may have a long life in the land that the Lord your God has given to you.

‘You shall not kill.
‘You shall not commit adultery.
‘You shall not steal.
‘You shall not bear false witness against your neighbour.
‘You shall not covet your neighbour’s house. You shall not covet your neighbour’s wife, or his servant, man or woman, or his ox, or his donkey, or anything that is his.’

Responsorial Psalm Psalm 18 (19) : 8-11

You have the message of eternal life, O Lord.

The law of the Lord is perfect,
it revives the soul.
The rule of the Lord is to be trusted,
it gives wisdom to the simple. **R**

The precepts of the Lord are right,
they gladden the heart.
The command of the Lord is clear,
it gives light to the eyes. **R**

The fear of the Lord is holy,
abiding for ever.
The decrees of the Lord are truth
and all of them just. **R**

They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb. **R**

Second Reading Corinthians 1: 22-25

While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ; to the Jews an obstacle that they cannot get over, to the pagans madness, but to those who have been called, whether they are Jews or Greeks, a Christ who is the power and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

Gospel Acclamation Mt 17:5

Praise to you, O Christ, king of eternal glory!
I am the resurrection and the life, says the Lord;
whoever believes in me will never die.
Praise to you, O Christ, king of eternal glory!

Gospel John 2: 13-25

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money-changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money-changers’ coins, knocked their tables over and said to the pigeon-sellers, ‘Take all this out of here and stop turning my Father’s house into a market.’ Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, ‘What sign can you show us to justify what you have done?’ Jesus answered, ‘Destroy this sanctuary, and in three days I will raise it up.’ The Jews replied, ‘It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?’ But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

During his stay in Jerusalem for the Passover many believed in his name when they saw the signs that he gave, but Jesus knew them all and did not trust himself to them; he never needed evidence about any man; he could tell what a man had in him.

Communion Antiphon Cf. Ps 83

The sparrow finds a home, and the swallow a nest for her young by your altars, O Lord of hosts, my King and my God.
Blessed are they who dwell In your house, for ever singing your praise.

Prayer after Communion

As we receive the pledge of things yet hidden in heaven and are nourished while still on earth with the Bread that comes from on high, we humbly entreat you, O Lord, that what is being brought about in us in mystery may come to true completion.
Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	269	From the depth we cry to thee
Offertory	142	As the deer pants for the water
Communion	Choir	Only this I want
Marian antiphon	150	Ave Regina Caelorum
Recessional	458	Lord, who throughout these forty days

Sunday Bulletin

4th March 2018 • Third Sunday of Lent • Year B



St. Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH

www.stmaryscathedralaberdeen.org



GOOD NEWS FROM
ST MARY'S CATHEDRAL

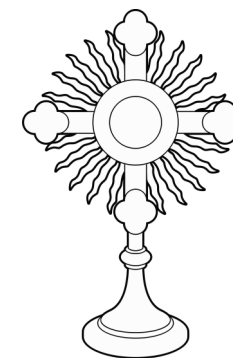
Good News Weekly

PAINLESS PEACE

A number of years ago I had an extraordinary experience in adoration. I had suffered for years with chronic and often debilitating pain. The pain caused me to isolate myself because after fighting the pain, I had so little energy to interact with or serve others. After the prompting of the Holy Spirit I decided that I would try to fight through the pain to serve others anyway. I had no idea how I could accomplish this goal, but I purposed to do so.

An opportunity came shortly thereafter when my wife was attending a retreat at a nearby parish. I made the decision to try to go and spend an hour praying for them for the Spirit of God to meet each of these women in a special way. After a long sleepless night, it took everything I had to get out of my home and into the car. I arrived at the Church and slowly crawled out of the car and then walked slowly into the sanctuary.

Every movement was resisted by the inflamed nerves in my body as I slouched onto the hard cold chair. Doubled over before the Blessed Sacrament I was barely able to sit let alone pray. If the Church wasn't so cold I would have been tempted to slide off the chair onto the floor. Even so, I began to beseech our Lord on their behalf.



Away from the noise
and distractions,
adoration opens
opportunity for
healing, guidance,
enlightenment,
forgiveness and peace

The first victory was simply the ability to pray at all. My mind wandered to my senses in complaint and then to prayer and back. I didn't think I could make it another few minutes let alone an hour. I stayed engaged anyway.

Unexpectedly, after about ten minutes I slowly gained the ability to straighten up in the chair. This ability wasn't rooted in my effort. Then I found myself able to focus beyond the pain. As the tension of anguished muscles began to lift, my body relaxed so that I could sit up and pray in comfort. With the physical torment fading, I slipped into a prayer of painless peace. Not only was I able to sit up but I felt strong and rested. I prayed for the remainder of the hour and beyond almost effortlessly.

No doubt a miracle. I have never forgotten that transcendent transition from the inward isolation and self-focused battle to the complete absorption, ease, and selflessness in worship and prayer.



St Mary’s Cathedral - Aberdeen AB10 1SH


Clergy & Religious		
Administrator:	Fr. Keith Herrera 01224 640 160 administrator@cathedral-abdn.org	
Assistant Priest:	Fr. Janusz Wilczynski SAC (Polish Chaplain) curate1@cathedral-abdn.org	
Assistant Priest:	Fr Peter Amoah abrampamensah@yahoo.com	
Deacon:	Deacon Tony Schmitz deacon@cathedral-abdn.org	
Holy Family Sisters of Needy:	Sr Mary Joseph 01224 970 812 or 07863 065 345 holyfamilysrs@yahoo.co.uk	
St Andrew Community:	07754 891 808 standrewscommunity@cathedral-abdn.org Community Safeguarding: Charlene youth@StAndrewX.org	
Staff & Administration		
Telephone:	01224 640 160	
Manager:	Robin Harding manager@cathedral-abdn.org	
Secretary:	Cowan Watson secretary@cathedral-abdn.org	
Finance/Gift Aid:	John Costello finance@cathedral-abdn.org	
Cathedral Safeguarding:	TBC email: TBC More information: Parish website or www.scottishcatholicsafeguarding.org.uk	
Music Director:	Shelagh Noden music@cathedral-abdn.org	
Shop Manager:	Barbara Mearns shop@cathedral-abdn.org	
Bulletin:	bulletin@cathedral-abdn.org Notices to be in by Tuesday evening	
Hall Bookings:	halls@cathedral-abdn.org Call between 9am & 1pm only Terms & Conditions see Parish website	
Liturgical Ministries		
Head Sacristan:	Jacqueline Armstrong jacquelinearmstr@hotmail.com	
Readers:	Irma Allan 07714718708 irmalallan@gmail.com	
Euch. Ministers:	John MacKinnon 07926 628 941 johnmackinnon2602@hotmail.co.uk	
Stewards:	Diego Mejias Morffe 07960 325 046 dmejiasmorffe@gmail.com	
Altar Servers:	George Brand 01224 630 159 geobra@msn.com	
Flowers:	Pixie Mathers 07763064146 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 (Priests)	10.30am
Housebound?	John MacKinnon (See above) for visits	
Coeliacs:	Speak to clergy before Mass	
Sunday Coffees:	Ann Ryans 07545 615 198 annryans@aol.com	
Natural Family Planning (NFP)	Margaret Hammond nfp@cathedral-abdn.org	

Mass Times				
Date	Details	Service	Time	Mass Intentions
Sun 4th	Third Sunday of Lent	`Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Marlene Mitchell RIP Parish Intentions Mrs M Joseph RIP
Mon 5th		Mass Mass	7.00am 12:30am	Callanan Family Recovery of John McGlynn
Tue 6th		Mass Mass	7.00am 7.00pm	Intentions of Dominic Dieseru E Velasquez RIP Anniversary
Wed 7th		Mass Mass	7.00am 12.30pm	Louise Hodoul RIP James Ross RIP
Thu 8th		Mass Mass	7.00am 7.00pm	MacKinnon Family Intentions Michael Plake RIP
Fri 9th		Mass Mass	7.00am 12.30pm	Willy de Vlegelaer Recovery of John McGlynn
Sat 10th	Feast of St John Ogilvie	Mass Vigil Mass	10.00am 7.00pm	Sheila Wood Michael Plake RIP
Sun 11th	Fourth Sunday of Lent	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Meg Okoye - Thansgiving Parish Intentions Mr M Joseph RIP
Notice: As from Ash Wednesday there will be Stations of the Cross before each Mass.				




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: £3,440.66

Cathedral	
LIFE  TEEN	
Both Lifeteen (S3-S6) and Edge (P7-S2) youth groups Meet on Fridays in the Lower and Main Halls, respectively. 7.00 - 9.00 pm.	
FAITH & FUN ON SATURDAYS Youth group for P2's to P7's In the Main Hall from 12.30pm to 2.00pm . See website for registration and details	
EUCHARISTIC ADORATION - THE KING OF PEACE Are you looking for a bit of peace? Come join Our Lord in Adoration. Our Lord, in the Eucharist is exposed to the public in the Adoration Chapel Mondays-Saturdays from 7:30am-9pm. To sign up contact us at: adoration@cathedral-abdn.org .	
INTERESTED IN LEARNING HOW TO RING CHURCH BELLS? The team of ringers at St Machar Cathedral have kindly offered to have a "taster" session at St Machar's on Monday 19 th March at 7:30pm for anyone interested in learning to ring. Details from Robin or Cowan at St Marys Cathedral office.	

SVDp 
Polish Collections £31.66 Donation.....£20.00 Box Collections..... £132.99 TOTAL..... £184.65 Spend on Food.....£107.05 Our grateful thanks to our own congregation and those of our sister Church in Banchory for their many helpful food donations.
2nd COLLECTIONS ♦ This week: Monthly Building fund. ♦ Next week: * Bake sale for Youth Group. * SCIAF for Cambodia families.
READINGS FOR SUNDAY 11.15AM MASS ON 3RD, 4TH AND 5TH SUNDAYS OF LENT. The readings for these Masses will be from Year A because of Scrutinies. See extra sheet.
COMMUNITY MEAL We need volunteers to help with the cooking of the Thursday community meals. If you would like to help, please contact St Andrew Community by email: standrewscommunity@cathedral-abdn.org
READERS MEETINGS Readers should attend one of the ff. meetings: Saturday 10th March, 11.00am to 12.00pm, Sunday 11th March , 1.00 to 2.30pm, Venue: Clergy House. RSVP to Irma Allan, 07714718708, irmalallan@gmail.com
SENIOR CLUB On 7th March the RNLI will give a talk on their work - all welcome.

Please take me home

St Mary’s Deanery Station Masses 2018			
Confession: 6pm-7pm Stations of the Cross: 6.30pm-7pm Mass: 7pm Refreshments: 8pm-9pm			
DATE	LOCATION	MAIN CELEBRANT	PREACHER
9 March	Holy Family RC Church (117 Deveron Rd)	V. Dean	Fr Keith
16 March	Our Lady of Aberdeen RC Church (70 Cairngorm Cresc.)	Dean	Fr Patrick
23 March	Kings College Chapel (High Street)	Bishop	Fr George
Cathedral			
Wednesdays at 7pm Main Hall Starts 18th April  Register: www.stmaryscathedralaberdeen.org			
Maintenance to Mission			
Wednesdays 7.00 - 8.00pm Clergy House 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' This week we are reading chapter 6.			
BAPTISM PREPARATION The next baptism prep course will run on 17th March from 12 -3pm at cost of £10 Per person lunch provided, Please advise if you have any dietary requirements beforehand. All applications must be done online by March 10. Contact: baptisms@Cathedral-abdn.org			
BELOVED DISCIPLES GROUP Following our exploration of the Gospel of Matthew, the Group is now embarking on a new course entitled “Let it be”. This is an exploration of Mary past and present and will use DVD and written material. Join us! It will be fun and rewarding. See the “Weekly Calendar” for time and place.			
OUR LADY OF THE MAGNIFICAT PRAYER GROUP Each Tuesday from 7.45 to 9.00pm, in the Cathedral Lower Hall until 10th March we are showing a series of Lenten Retreat Talks on DVDs delivered by Fr Cantalamessa, the Papal preacher. All welcome - please join us.			
 There will be a second collection next week for SCIAF. Your donations will help SCIAF to train poor families in Cambodia to understand their rights with regards to fishing and live with dignity.			
Deanery & Diocese			
MASS FOR THE FEAST OF ST JOHN OGILVIE Presided by Bishop Hugh. Homilist, Fr Domenico Zanre. St Thomas Church, Chapel St. Keith Saturday 10th March at 2pm. Refreshments after.			
ST JOHN OGILVIE WALKING PILGRIMAGE Sat 10th March starting at 8.30 sharp. A 12 mile pilgrimage from St Peter’s, Buckie to St Thomas’, Keith, the birthplace of St John Ogilvie. Mass at 2.00pm presided by Bishop Hugh OSB. Details and registration at: www.rcda.scot			
WAY OF THE CROSS 13th MARCH  A Stations of the Cross and Benediction will be held at St Francis of Assisi Church, Mannofield on 13/03/18 at 7.30pm. Music provided by The Aberdeen Diocesan Choir.			
HOLY WEEK INVITATION Young people (aged 18-20) are invited to celebrate the Liturgy at Pluscarden Abbey from Wednesday of Holy Week until Easter (March 28 –April 3). Participants will gain deeper insight into Christian life, monastic life and the Abbey. There is no charge for staying at the Abbey Guesthouses, however donations are welcomed. Contact: Br Thomas Cole OSB email: guestmaster@pluscardenabbey.org Web: www.pluscardenabbey.org			
PLUSCARDEN ABBEY 2018 PENTACOST LECTURES 22ND—24TH MAY Four Talks by Fr. Richard Ounsworth O.P. - theme, “You have come to Mount Sion” “The Christian Pilgrimage in the Letter to the Hebrews” To register, book accommodation etc write to: Penetcost Lectures, Pluscarden Abbey, Elgin, Moray IV30 8UA or email guestmaster@pluscardenabbey.org			
TESTIMONY OF REDEMPTION Sunday 18th March after 19.30 Mass at St Andrews Church, Inverurie. Author of Out of the Darkness, Anthony Gielty will give a talk about his remarkable conversion from a life of violence and crime to becoming a follower of Christ. His story is a powerful and humbling witness to God’s power, love ad forgiveness. Contact rachelrenn@aol.com for lunch.			
BILLING OVULATION METHOD - TEACHER TRAINING Attendance at this Training Course will enable the participants to give information on the Billings Ovulation Method* to women and couples who wish to conceive as well as those wishing to use a natural method to avoid pregnancy. The course will run from 31st May to 3rd June 2018. For details please contact : Fertility Care Scotland, 196 Clyde Street, Glasgow G1 4JY Telephone: 0141 221 0858 Email: info@fertilitycare.org.uk			
NAME TAG SUNDAY THANKS Many thanks to everyone for taking part in the Name Tag Sunday and the positive feedback. Please contact jacquelinearmstr@hotmail.com if you would like to help next time.			

Sunday 4th March, 2018

Weekly Calendar	
Mon	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 Credo Community Meeting Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Damian Gloc 07939418178
Tue	Magnificat Prayer Group 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 nnesin@yahoo.com St. Vincent de Paul Feeding the homeless Contact: Evelyn Murray murray.evelyn@sky.com Rite of Christian Initiation of Adults (RCIA) Cathedral House at 7.30pm Contact: Fr Keith
Wed	Light Exercise Class for all Main Hall at 10:00am Contact: Laura Walker 0777 3 021 851 laura@laurawalkerlimited.co.uk Beloved Disciples Bible study and growing in faith Clergy House Dining Room after 12:30 Mass. Contact: Kevin O'Carroll kevin.ocarroll@live.com Seniors Club Speakers, fun & fellowship Main Hall at 2.00 pm every 2 weeks Contact: Jean on 01569 765 799 Healing of Memories 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 Legion of Mary Lower Hall from 6pm to 7.30pm Contact: Nogie Osula nogisula@yahoo.com African Choir For Africans and anyone else. Upper Hall from 6.00- 8.00pm Contact: Patricia Malikebu 07891 714 549
Thu	Cenacolo Prayer Group Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996 Band Practice Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: John Costaschuk Cathedral Choir practice 7.00pm in the Ogilve Centre
Fri	Altar Servers’ Practice Church from 6.00 to 7.00pm Contact: Simon bebbie_no1@hotmail.com Youth Groups For teenagers between 11 & 17 Hall 7.00pm to 9.00pm Contact: St. Andrew’s Community
Sat	Church Cleaning Church at 10.30am K4J (Kids for Jesus) Youth group for P2’s to P7’s in the Main Hall from 12.30pm to 2.00pm African Choir (As above) Upper Hall from 6.00 - 8.00pm
Sun	Choir Rehearsal Leading the music for 11:15 Sunday Mass Upper Hall 10.00am Contact: Shelagh Noden