Readings at Mass - Fourth Sunday of Lent - Year B

Entrance Antiphon

Asperges me, Domine, hyssop et mundabor. Lavabis me et super nivem dealbabor.

Translation: Lord, sprinkle me hyssop and I shall be cleansed. Wash me and I shall be whiter than snow

First Reading 2 Chronicles 36:14-16,19-23

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy.

They burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest, until seventy years have gone by, it will keep sabbath throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "the Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."'

Responsorial Psalm

Psalm 136:1-6

O let my tongue cleave to my mouth if I remember you not!

By the rivers of Babylon there we sat and wept, remembering Zion; on the poplars that grew there we hung up our harps. *R*

For it was there that they asked us, our captors, for songs, our oppressors, for joy. 'Sing to us,' they said, 'one of Zion's songs.' R

O how could we sing the song of the Lord on alien soil? If I forget you, Jerusalem, let my right hand wither! **R**

O let my tongue cleave to my mouth if I remember you not, if I prize not Jerusalem above all my joys! **R**

Second Reading

Ephesians 2:4-10

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ – it is through grace that you have been saved – and raised us up with him and gave us a place with him in heaven, in Christ Jesus.

This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

Gospel Acclamation Jn3:16

Glory and praise to you, O Christ! God loved the world so much that he gave his only Son: everyone who believes in him has eternal life. Glory and praise to you, O Christ!

Gospel John 3:14-21

Jesus said to Nicodemus:

'The Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world. but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son. On these grounds is sentence pronounced: that though the light has come into the world men have shown they prefer darkness to the light because their deeds were evil. And indeed, everybody who does wrong

And indeed, everybody who does wrong hates the light and avoids it, for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God.'

Communion Antiphon

Jerusalem is built as a city bonded as one together. It is there that the tribes go up, the tribes of the Lord, to praise the name of the Lord.

Prayer after Communion

O God, who enlighten everyone who comes into this world, illuminate our hearts, we pray, with the splendour of your grace, that we may always ponder what is worthy and pleasing to your majesty and love you in all sincerity.

Through Christ our Lord.

Sunday 11.15am Mass				
Entrance Hymn	458	Lord, who throughout these 40 days		
Offertory		Instrumental		
Communion	131	Amazing grace		
Marian antiphon	150	Ave Regina Caelorum		
Recessional	416	Lead us, Heavenly Father, lead us		

Sunday Bulletin

11th March 2018 ●

Fourth Sunday of Lent •

Year B



St. Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH

www.stmaryscathedralaberdeen.org



GOOD NEWS FROM

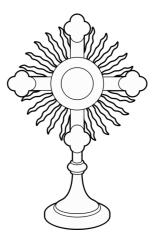
ST MARY'S CATHEDRAL

Good News Weekly

THE PRINCE OF PEACE

Anxiety! Your chest is tight and your breathing constricted. This was the feeling I would have at times when I went to pray in the church. I used to feel overwhelmed by stress and the feeling that I were trapped. However, while prayer calmed me it also served to reveal to me the extent of my anxiety. Nothing major was going on in my life, only every day issues that would weigh down upon me. Anxiety just seemed to me to be a part of my life. I didn't know what it was to not have it... until the Prince of Peace came!

One day I was sitting in Adoration and I realized that I wasn't filled with anxiety. Just like that- no anxiety! Not only did I have peace within, but I was overflowing with radiant joy. I couldn't help but smile. I was so happy! His healing touch is fast as lightning! Only at that point did I actually realize the weight of the anxiety I had been living with for years. There was nothing I did to deserve the gift of this peace, the Lord just gave it to me. I think that happens a lot to us. The Lord





has a certain gift for us, one that is even better than we would have asked for. I learned a little more that day to trust in the Lord.

I invite you to participate in Adoration at the Cathedral. It will be the most peaceful hour of your day. If you would like to book an appointment with the Prince of Peace for your personal Holy Hour go to the website: stmarysadoration.youcanbook.me. Truly, the Lord wants a moment of your time. He is waiting there to pour out His graces upon you.

St Mary's Parishioner







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 Sr Mary Joseph

Sisters of Needy: 01224 970 812 or 07863 065 345 holyfamilysrs@yahoo.co.uk

hfsn@rod-abdn.org

St Andrew 07754 891 808

Community: 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 TBC Safeguarding: 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

Children's Ruth Paterson 01224 593069

Catechesis: ruthpaterson@hotmail.com

Stewards: Diego Mejias Morffe 07960 325 046 dmejiasmorffe@gmail.com

01224 630 159 **Altar Servers:** George Brand

geobra@msn.com

Flowers: Pixie Mathers 07763064146

pixie2704@sky.com

Notices

Adoration: Monday - Saturday 6.00am-12 midnight

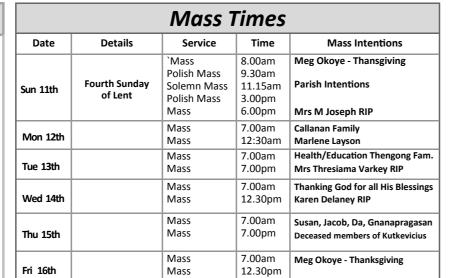
Confessions: Tuesdavs 6.00pm 10.30am & 6.00pm

Saturdays Morning Prayer: Monday - Friday 6.30am

Saturdays (Priests) 10.30am Rosarv: Housebound? John MacKinnon (See above) for visits Speak to clergy before Mass Coeliacs:

Sunday Coffees: Ann Ryans 07545 615 198 annryans@aol.com

Margaret Hammond nfp@cathedral-abdn.org Planning (NFP)



Notice: As from Ash Wednesday there will be Stations of the Cross before each Mass.

10.00am

7.00pm

8.00am

9.30am

11.15am

3.00pm

6.00pm

Mass Intention Envelopes

These are available at the back of the Cathedral itself. Recommended offering Church. Print details and post through Clergy for each Mass is £5.

Saint Patrick, Bishop Missionary—Feast

Fifth Sunday

of Lent

Sat 17th

Sun 18th

Mass

Mass

Mass

Vigil Mass

Polish Mass

Solemn Mass

Polish Mass

EDGE

Parish Intentions

Mr M Joseph RIP

Thank God For All His Blessings

Thanksgiving - Stephen Diplock

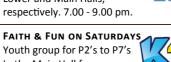
It may not always be possible for Mass to be for the Administrator's or Bishop's Inten-Sunday 11:15 Mass is normally reserved tions for the Parish or Diocese.

OFFERTORY: £2,840.12 Renovation / Building Fund: £788.40

Cathedral



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.



Youth group for P2's to P7's In the Main Hall from KIDS4JESUS

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-12midnight. 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 19th March at 7:30pm for anyone interested in learning to ring. Details from Robin or Cowan at St Marys Cathedral office.

SVDP



£153.84 Spend on Food......£89.22

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: SCIAF- see details in SCIAF box. Next week: Bake Sale for Youth activities.

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.

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

CHINESE LUNCH TANK YOU

Thank you to all those who organised the Chinese Lunch and for the donations towards the signage & doors replacement.

Please take me home

Sunday 11th March, 2018

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
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 7.00 - 8.00pm

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

This week we are reading chapter 5.



SCIAF Sunday

There will be a second collection this week for SCIAF who are dedicated to helping the poorest free themselves from poverty by equipping them with the skills and tools they need to survive and thrive.

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.

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

DIOCESAN VOCATIONS

Thinking about Diocesan Priesthood? Contact Fr Keith at 01224 340160 or administrator@cathedral-abdn.org

ABERDEEN DIOCESAN CHOIR

Rehearsals on Tuesdays at 7.30pm in the Upper Hall, St Mary's Cathedral. New members are most welcome (especially tenors and basses!) Further information available on ADC website and Facebook

Deanery & Diocese

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 Diocesian Choir



LENTEN RETREAT

The African Catholic Community Aberdeen cordially invites you to their Lenten Retreat. Theme: "As for me and my house, we will serve the

Lord" (Josh 24:15) Venue: St Columba's Catholic Church, Bridge of Don

Date: 24th March 2018 Time: 10am to 4pm (starting with Holy Mass) Please come with your family and friends.

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 staving at the Abbey Guesthouses, however donations are welcomed. Contact: Br Thomas Cole OSB email: guestmaster@pluscardenabbey.org

PLUSCARDEN ABBEY 2018 PENTECOST 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: Pentecost 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 and 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

VACANCY FOR CHAPLAIN AT KILGRASTON SCHOOL

Kilgraston School based in Bridge of Earn, Perthshire, is seeking a Lay Chaplain who will be responsible for the spiritual support of this thriving Roman Catholic boarding and day school for girls age 5 - 18. Closing date for applications: 21 March. For more info refer to the notice board.

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

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

Lower Hall from 6pm to 7.30pm

Contact: Nogie Osula nogisula@yahoo.com

African Choir

Upper Hall from 6.00- 8.00pm Contact: Patricia Malikebu 07891 714 549

Thu | Cenacolo Prayer Group

Contact: Liam Sharkey 07774 931 996

Contemporary music for Sunday 6pm Mass Upper Hall after Mass

Cathedral Choir practice

Fri Altar Servers' Practice

Church from 6.00 to 7.00pm

Youth Groups For teenagers between 11 & 17

Sat | Church Cleaning

K4J (Kids for Jesus)

African Choir (As above)

Choir Rehearsal

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

For Africans and anyone else.

Exposition & Rosary praying for healing of those with addictions Church after Mass

Band Practice

Contact: John Costaschul

7.00pm in the Ogilve Centre

Contact: Simon begbie no1@hotmail.com

Hall 7.00pm to 9.00pm Contact: St. Andrew's Community

Church at 10.30am

Youth group for P2's to P7's in the Main Hall from 12.30pm to 2.00pm

Upper Hall from 6.00 - 8.00pm

Contact: Shelagh Noden