

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 **Psalms 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
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



TOGETHER IN CHRIST

GOOD NEWS FROM ST MARY'S CATHEDRAL

Good NewsWeekly

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!



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: (Polish Chaplain)	Fr. Janusz Wilczynski SAC 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 ruthpaterson@hotmail.com	
Catechesis:	Diego Mejias Morffe 07960 325 046 dmejiasmorffe@gmail.com	
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 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 Mrs M Joseph RIP
Mon 12th		Mass Mass	7.00am 12:30am	Callanan Family Marlene Layson
Tue 13th		Mass Mass	7.00am 7.00pm	Health/Education Thengong Fam. Mrs Thresiamia Varkey RIP
Wed 14th		Mass Mass	7.00am 12.30pm	Thanking God for all His Blessings Karen Delaney RIP
Thu 15th		Mass Mass	7.00am 7.00pm	Susan, Jacob, Da, Gnanapragasan Deceased members of Kutkevicius
Fri 16th		Mass Mass	7.00am 12.30pm	Meg Okoye - Thanksgiving
Sat 17th	Saint Patrick, Bishop, Missionary—Feast	Mass Vigil Mass	10.00am 7.00pm	Thank God For All His Blessings
Sun 18th	Fifth Sunday of Lent	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Thanksgiving - Stephen Diplock 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: £2,840.12	Renovation / Building Fund: £788.40
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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-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 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 £62.50 Donation.....£03.00 Box Collections..... £88.34 TOTAL..... £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 <u>This week:</u> SCIAF- see details in SCIAF box. <u>Next week:</u> 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.
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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		Deanery & Diocese	
Wednesdays at 7pm Main Hall Starts 18th April  Register: www.stmaryscathedralaberdeen.org		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. 	
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 5.		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.	
 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.		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	
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		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	
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.		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.	
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.		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	
DIOCESAN VOCATIONS Thinking about Diocesan Priesthood? Contact Fr Keith at 01224 340160 or administrator@cathedral-abdn.org		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.	
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.			

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 nnedin@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 Ogilvie 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