

Entrance Antiphon Cf. Ps 80:17

He fed them with
The finest wheat
And satisfied them with honey
From the rock

First Reading Exodus 24:3-8

Moses went and told the people all the commands of the Lord and all the ordinances. In answer, all the people said with one voice, ‘We will observe all the commands that the Lord has decreed.’ Moses put all the commands of the Lord into writing, and early next morning he built an altar at the foot of the mountain, with twelve standing-stones for the twelve tribes of Israel. Then he directed certain young Israelites to offer holocausts and to immolate bullocks to the Lord as communion sacrifices. Half of the blood Moses took up and put into basins, the other half he cast on the altar. And taking the Book of the Covenant he read it to the listening people, and they said, ‘We will observe all that the Lord has decreed; we will obey.’ Then Moses took the blood and cast it towards the people. This’ he said ‘is the blood of the Covenant that the Lord has made with you, containing all these rules.’

Responsorial Psalm Psalm 115(116):12-13,15-18

The cup of salvation I will raise; I will call on the Lord’s name.

How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord’s name. **R**

O precious in the eyes of the Lord
is the death of his faithful.
Your servant, Lord, your servant am I;
you have loosened my bonds. **R**

A thanksgiving sacrifice I make;
I will call on the Lord’s name.
My vows to the Lord I will fulfil
before all his people. **R**

Second Reading Hebrews 9:11-15

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than the one made by men’s hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

Gospel Acclamation Jn 6:51

Alleluia, alleluia!
I am the living bread which has come down from heaven,
says the Lord. Anyone who eats this bread will live for ever.
Alleluia!

Gospel Mark 14:12-16,22-26

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, ‘Where do you want us to go and make the preparations for you to eat the passover?’ So he sent two of his disciples, saying to them, ‘Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, “The Master says: Where is my dining room in which I can eat the passover with my disciples?” He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.’ The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. ‘Take it,’ he said ‘this is my body.’ Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, ‘This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.’

After psalms had been sung they left for the Mount of Olives.

Communion Antiphon Jn 6:57

Whoever eats this flesh and drinks this blood
Remains in me and I in him, says the Lord.

Prayer After Communion

Grant, O Lord, we pray,
That we may delight for all eternity
In that share in your divine life,
Which is foreshadowed in the present age
By our reception of your precious Body and Blood
Who live and reign for ever and ever.

| Sunday 11.15am Mass | | |
|---------------------|-------|-------------------------|
| Entrance Hymn | 274 | Give me joy in my heart |
| Offertory | Choir | Gift of finest wheat |
| Communion | 447 | Lord Jesus Christ |
| Marian Antiphon | 597 | Salve, Regina |
| Recessional | 194 | Christ be beside me |

3rd June 2018 • The Solemnity of the Body and Blood of Christ • Year B



St Mary’s Cathedral

20 Huntly Street, Aberdeen AB10 1SH www.stmaryscathedralaberdeen.org



Good News Weekly

THE GREAT EUCHARISTIC MIRACLE OF LANCIANO

Today, as we celebrate the Solemnity of the Body and Blood of Christ, it can be rewarding to reflect on one of the best known eucharistic miracles, the one at Lanciaño, a little town in Italy.

This Miracle took place at the beginning of the 7th century when a Basilicatan monk, very wise on the things of this world but much less wise on the things concerning the faith, was going through a difficult stage in his perception of the real presence of Our Lord Jesus Christ in the eucharist. He prayed constantly to get relief from his doubts; and he was filled with fear of losing his vocation one day.

One morning, during the celebration of Mass, following the consecration of the bread and wine, what he saw on the altar caused his hands to tremble. He was dumbfounded. The host had been transformed into flesh and the wine into blood! Rumours of the miracle spread rapidly throughout the village, to the neighbouring villages and then to the Vatican.

Undoubtedly, “the Gift” of Lanciaño was given for the good Italian monk, and for the people of the small village but also given for the people of all nations of the world because what is most remarkable, is that for more than 13 centuries the flesh and the blood remain fresh.

Beginning In 1970, a long series of analyses and tests were carried out by Dr. Edoardo Linoli assisted by Doctor Ruggero Bertelli, using state-of-the-art technological procedures.



During Mass, the Eucharist became real flesh and blood

The study confirmed that the flesh and blood were of human origin. The flesh was cardiac tissue, and the blood was of type AB, the same blood group as that of the man of the Holy Shroud of Turin, and which has the characteristics of a man who was born and lived in the Middle East.

Linoli’s analysis revealed no traces of preservatives in the elements, meaning that the blood could not have been extracted from a corpse, because it would have been rapidly altered.

In 1973, the Higher Council of the World Health Organization (WHO) appointed a scientific commission to verify the Italian doctor’s conclusions and in 1976 confirmed science’s inability to explain the phenomenon.

Jesus said: “In truth I say to you, the one who eats My Flesh and drinks My Blood, has Eternal Life, and I shall raise him up on the last day. The one who eats this Bread shall Live Eternally.” (John 6, 53-59)



| 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 curate2@cathedral-abdn.org | |
| Deacon: | Deacon Tony Schmitz deacon@cathedral-abdn.org | |
| Holy Family Sisters of Needy: | Sr Mary Joseph 01224 970 812 or 07863 065 345 hfsn@rcd-abdn.org | |
| St Andrew Community: | 07754 891 808 standrewscommunity@cathedral-abdn.org Community Safeguarding: Charlene youth@StAndrewX.org | |
| Staff & Administration | | |
| Office Hours: | 9 am to 4 pm Monday to Friday | |
| 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 | |
| Children’s Catechesis: | Ruth Paterson 01224 593069 ruthpaterson@hotmail.com | |
| Stewards: | Diego Mejias Morffe 07960 325 046 dmejiasmorffe@gmail.com | |
| Altar Servers: | George Brand 01224 630 159 geobra@msn.com | |
| Flowers: | Pixie Mather 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 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 | |
| Natural Family Planning (NFP) | Margaret Hammond nfp@cathedral-abdn.org | |

| Mass Times | | | | |
|------------|---|---|---|---|
| Date | Details | Service | Time | Mass Intentions |
| Sun 3rd | Solemnity of the Body and Blood of Christ | Mass Polish Mass Solemn Mass Polish Mass Mass | 8.00am 9.30am 11.15am 3.00pm 6.00pm | Paul Costello RIP Parish Intentions Charlie Ryan |
| Mon 4th | | Mass Mass | 7.00am 12:30pm | Mathew - Private Intention |
| Tue 5th | | Mass Mass | 7.00am 7:00pm | Callanan Family Benefactors of The Supplementary Aid Society |
| Wed 6th | | Mass Mass | 7.00am 12.30pm | Teresa Rice RIP |
| Thu 7st | | Mass Mass | 7.00am 7.00pm | |
| Fri 8th | Solemnity of the Most Sacred Heart of Jesus | Mass Mass | 7.00am 12.30pm 7:00 pm | |
| Sat 9th | Feast of St Columba | Mass Vigil Mass | 10.00am 7.00pm | |
| Sun 10th | 10th Sunday in Ordinary Time | Mass Polish Mass Solemn Mass Polish Mass Mass | 8.00am 9.30am 11.15am 3.00pm 6.00pm | Parish Intentions Renzo and Alfredina |

| Mass Intention Envelopes | |
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| 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: £1,769.58

| Cathedral | |
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| GIFT AID | |
| Gift Aid allows our church to claim back the basic rate tax that you have already paid. So you pay less tax! |  |
| 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. | |
| EUCCHARISTIC ADORATION - THE KING OF PEACE 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 6.00am-12midnight. Sign up at: adoration@cathedral-abdn.org . | |
| NOW AVAILABLE A Scatterring of Seeds. A little collection of short sermons by Canon Bill Anderson, has now been published, costing £7 . Available from the Cathedral Shop or Office. | |
| PARISH RECIPE BOOK Parishioner James Cleves is planning to create a St Mary’s Parish Recipe Book! If you have a favourite recipe you would like to share please email it to James at: volunteers@cathedral-abdn.org | |

| SVdP | |
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| INCOME | |
| Polish Collection | £33.30 |
| Box Collections..... | £167.05 |
| Donation Mrs F..... | £20.00 |
| TOTAL..... | £220.35 |
| Spend on Food..... | £109.39 |
| Thanks to all our benefactors for their | |

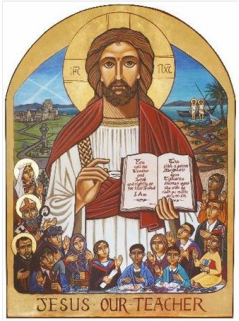
| CATHEDRAL SAFEGUARDING Volunteer Wanted | |
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| A Safeguarding Co-ordinator is required to assist Fr. Keith with safeguarding in the Cathedral Parish. Contact: secretary@cathedral-abdn.org | |
| SOLEMNITY OF THE SACRED HEART | |
| Friday 8th June is the Solemnity of the Sacred Heart. There will be Solemn Evening Prayer at 6:30pm followed by Solemn Mass at 7:00pm. | |
| ST MARY’S JUSTICE & PEACE GROUP | |
| Presents a talk by Thomas Mulvey, the Campaigns Officer of SCIAF: Care for Creation and Care for the Poor 7.45pm, Thursday 7 June, Cathedral Lower Hall, All are invited | |
| HEALING SERVICE IN THE CATHEDRAL | |
| Thursday 7th June after the 7pm Mass This will be led by a visiting Priest, Fr. Thomas Wilberforce, a Spiritan Father, from Ghana, who is based in Motherwell. All are warmly invited to attend this event. | |
| BAKE SALE | |
| The Youth Group will be holding a Bake Sale Saturday 9th June to raise money for youth activities | |

Bookshop

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.

VOLUNTEERS CERTIFICATION
Thanks to all the volunteers in the Cathedral Shop for all their hard work.
Aldran Baretto: 1 year Alison Runcie: 1 year
Ash Baretto: 2 years Virginia Shum: 2 years

Deanery & Diocese




DIOCESE OF ABERDEEN
PILGRIMAGE
PLUSCARDEN ABBEY
24 JUNE 2018
Marking the Centenary of the 1918 Education Act (Scotland)

1.00pm - 2.30pm Exposition of the Blessed Sacrament (Lady Chapel)
1.00pm - 2.30pm Confessions (St. Benedict’s Retreat)
3.00pm Pilgrimage Mass & Procession (In honour of St. John the Baptist)

Refreshments available in the Marquee from 12 noon

KNIGHTS OF SAINT COLUMBA PILGRIMAGE BUS TO PLUSCARDEN ABBEY



SUNDAY 24TH JUNE 2018
Pick-up Points:


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| St Joseph’s Church | 12:00 |
| St Peter’s Church | 12:15 |
| St Francis of Assisi Church | 12:30 |
| St Mary’s Cathedral | 12:45 |

Prices: Adults £15
Family £40
Children (Under 12)/ OAPs: £12

Contact: Martin Gardner. Tel: 01569 760438
18 Gurney Street, Stonehaven.

UPLIFTING WALKS

As an element of the Annual Diocesan Pilgrimage on Sunday 24th June, a Walking Pilgrimage is being organised by ‘Uplifting Walks’. Walkers will set out from Greyfriars Convent, Elgin promptly at 9:30am. The 9-mile route runs through forestry and rolling countryside. There’s a shorter, 3-mile option starting from the car park of Torrieston Walks. Transport back to Elgin after the close of the pilgrimage can be arranged at a small cost. For more details and to register (registration is mandatory) visit www.rcda.scot or email sabrina@rediscovered.me



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| FIFTH ANNUAL POWER OF GRACE RALLY For Post-Confirmation Youth aged 11-16. Saturday 9th June, 11.00am - 6.00pm, Greyfriars Convent , Elgin. Talks, games, music, prayer and fellowship. For registration + details email op@rcda.scot | A CHANCE FOR YOUNG CATHOLIC MEN TO EXPERIENCE MONASTIC LIFE AT PLUSCARDEN ABBEY The Benedictine monks of Pluscarden Abbey offer a special opportunity to see at first-hand what monastic life is about, during the weekend Friday 3rd to Monday 6th August 2018. The invitation is extended to single young men, Catholics who practise their faith, aged 18-35. There will be no charge for the weekend. Anyone interested contact Fr Benedict Hardy OSB: novicemaster@pluscardenabbey.org Pluscarden Abbey, Elgin, IV30 8UA. 01343 890257 www.pluscardenabbey.org |
| 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: Contact: op@rcda.scot | BISHOP’S GOLDEN JUBILEE GOLF TROPHY Friday 29th June 2018 - from 12noon Kintore Golf Club AB51 Parish Teams of 3 golfers required. Teams can be all male or female or mixed. £40 to include one round of golf and High Tea. A deposit of £10 per head (£30 per team) is required before 30th May 2018. Sponsors for prizes needed. To register, send details of your team to : JOYCE WEBSTER, Tel: 01224 319154, email: joye@rcd-abdn.org |
| EXHIBITION AT BLAIRS MUSEUM The Grand Tour: The Eternal City. April– September, 2018 Blairs Museum is hosting a collection of 18 th century Piranesi’s prints from the <i>Vedute di Roma</i> on loan from the Diocese of Aberdeen. Opening times: Sat 10am-4.30pm, Sun noon-4.30pm | |

| 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 Maintenance to Mission Discussing parish transformation 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 Seniors Club Speakers, fun & fellowship Main Hall at 2.00 pm every 2 weeks Contact: Jean 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 begbie_no1@hotmail.com Youth Groups Edge (P7-S2) & Lifeteen (S3-S6) 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. 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 |