

Entrance Antiphon

**Cf. Ps 26: 7, 9**  
O Lord, hear my voice, for I have called to you; be my help.  
Do not abandon or forsake me, O God, my Saviour!

Collect

O God, strength of those who hope in you,  
graciously hear our pleas,  
and, since without you mortal frailty can do nothing,  
grant us always the help of your grace,  
that in following your commands  
we may please you by our resolve and our deeds.  
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

**Ezekiel 17:22-24**

The Lord says this:  
‘From the top of the cedar,  
from the highest branch I will take a shoot  
and plant it myself on a very high mountain.  
I will plant it on the high mountain of Israel.  
It will sprout branches and bear fruit,  
and become a noble cedar.  
Every kind of bird will live beneath it,  
every winged creature rest in the shade of its branches.  
And every tree of the field will learn that I, the Lord, am the  
one  
who stunts tall trees and makes the low ones grow,  
who withers green trees and makes the withered green.  
I, the Lord, have spoken, and I will do it.’

Responsorial Psalm

**Psalms 91:2-3,13-16**

*It is good to give you thanks, O Lord.*  
It is good to give thanks to the Lord,  
to make music to your name, O Most High,  
to proclaim your love in the morning  
and your truth in the watches of the night. **R.**

The just will flourish like the palm tree  
and grow like a Lebanon cedar. **R.**

Planted in the house of the Lord  
they will flourish in the courts of our God,  
still bearing fruit when they are old,  
still full of sap, still green,  
to proclaim that the Lord is just.  
In him, my rock, there is no wrong. **R.**

Second reading

**2 Corinthians 5:6-10**

We are always full of confidence when we remember that to live in the body means to be exiled from the Lord, going as we do by faith and not by sight – we are full of confidence, I say, and actually want to be exiled from the body and make our home with the Lord.

Whether we are living in the body or exiled from it, we are intent on pleasing him. For all the truth about us will be brought out in the law court of Christ, and each of us will get what he deserves for the things he did in the body, good or bad.

Gospel Acclamation

**Jn 15:15**

Alleluia, alleluia!  
I call you friends, says the Lord,  
because I have made known to you  
everything I have learnt from my Father.  
Alleluia!

Gospel

**Mark 4:26-34**

Jesus said to the crowds, ‘This is what the kingdom of God is like. A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, he loses no time: he starts to reap because the harvest has come.’  
He also said, ‘What can we say the kingdom of God is like? What parable can we find for it? It is like a mustard seed which at the time of its sowing in the soil is the smallest of all the seeds on earth; yet once it is sown it grows into the biggest shrub of them all and puts out big branches so that the birds of the air can shelter in its shade.’  
Using many parables like these, he spoke the word to them, so far as they were capable of understanding it. He would not speak to them except in parables, but he explained everything to his disciples when they were alone.

Communion Antiphon

**Ps 26: 4**

There is one thing I ask of the Lord, only this do I seek:  
to live in the house of the Lord all the days of my life.

Prayer after Communion

As this reception of your Holy Communion, O Lord,  
foreshadows the union of the faithful in you,  
so may it bring about unity in your Church.  
Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	125	All things bright and beautiful
Offertory	African motet	Ngozi (Blessing)
Communion	Choir	Take and eat
	630	Breathe on me breath of God
Marian Antiphon	597	Salve, Regina
Recessional	120	All over the world

17th June 2018 • 11th Sunday in Ordinary Time • Year B



# St Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH [www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)



## Good News Weekly

“I am in your midst.  
Trust in me.”

In February of this year, almost a year and a half after the August 2016 earthquake in the central area of Italy, a tabernacle with 40 intact and consecrated hosts was found amid the rubble, in Our Lady of the Assumption church in the town of Arquata.

According to the Italian daily Avvenire, inside the tabernacle “the ciborium was overturned but the lid was still on. And despite all the months that had gone by, the hosts were whole, without any alteration.”

The Bishop of Ascoli Piceno, Giovanni D’Ercole, told Avvenire what was discovered: “A fresh baked aroma was still noticeable, which is very moving. It is a sign of hope for everyone. It tells us that Jesus also suffered the earthquake like everyone else, but he has come out alive from among the rubble.”

Fr. Angelo Ciancotti of the Ascoli Piceno Cathedral said that getting into the tabernacle was not simple: “The problem was opening it up, but my collection of tabernacle keys helped me.”

The priest opened the tabernacle with one of the keys in his extensive collection, and said that inside an overturned ciborium, “was the Body of Christ which for more than a year and a half remained intact, without any change in colour, shape or scent.”



The preserved hosts from the tabernacle

Fr. Ciancotti told Avvenire that “there was no bacteria or mold as happens with hosts after a few weeks. Even though they were more than a year and a half old, they seemed to have been made the day before.”

He said the wafers had been prepared by nuns at the convent of Sant’Onofrio. “I immediately asked them if they used preservatives and they told me: ‘No, just flour and water.’”

Don Ciancotti was the first to be sceptical. “I’m a cousin of [doubting] St. Thomas,” he joked, “and so I had several others witness to it.”

In his opinion “this prodigious and inexplicable discovery” is “a miracle, but above all a message for everyone: it is a sign that reminds us of the centrality of the Eucharist.”

“Jesus is telling us” with these intact hosts that “‘I am in your midst. Trust in me.’” he concluded





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

[curate2@cathedral-abdn.org](mailto:curate2@cathedral-abdn.org)

Deacon:

Deacon Tony Schmitz

[deacon@cathedral-abdn.org](mailto:deacon@cathedral-abdn.org)

Holy Family Sisters of Needy:

Sr Mary Chidalu

01224 970 812 or 07863 065 345

[hfsn@rcd-abdn.org](mailto:hfsn@rcd-abdn.org)

St Andrew Community:

07754 891 808

[standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org)

Staff & Administration

Office Hours:

9 am to 4 pm Monday to Friday

Telephone:

01224 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:

TBC

email: TBC

More information: Parish website or

[www.scottishcatholicsafeguarding.org.uk](http://www.scottishcatholicsafeguarding.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:

[bulletin@cathedral-abdn.org](mailto:bulletin@cathedral-abdn.org)

Notices to be in by Tuesday evening

Hall Bookings:

[halls@cathedral-abdn.org](mailto:halls@cathedral-abdn.org)

Call between 9am & 1pm only

Terms & Conditions see Parish website

Liturgical Ministries

Head Sacristan:

Jacqueline Armstrong

[jacquelinearmstr@hotmail.com](mailto:jacquelinearmstr@hotmail.com)

Readers:

Irma Allan

07714718708

[irmalalan@gmail.com](mailto:irmalalan@gmail.com)

Euch. Ministers:

John MacKinnon

07926 628 941

[johnmackinnon2602@hotmail.co.uk](mailto:johnmackinnon2602@hotmail.co.uk)

Children’s Catechesis:

Ruth Paterson

01224 593069

[ruthpaterson@hotmail.com](mailto:ruthpaterson@hotmail.com)

Stewards:

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 Mather

07763064146

[pixie2704@sky.com](mailto: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](mailto:annryans@aol.com)

Natural Family Planning (NFP)

Margaret Hammond

[nfp@cathedral-abdn.org](mailto:nfp@cathedral-abdn.org)

Mass Times

Date	Details	Service	Time	Mass Intentions
Sun 17th	11th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Parish Intentions  Barbara /Rafal - 10th Wedding Anniv
Mon 18th		Mass Mass	7.00am 12:30pm	Van Frank Family RIP
Tue 19th		Mass Mass	7.00am 7:00pm	
Wed 20th		Mass Mass	7.00am 12.30pm	Teresa Zurenkas
Thu 21st		Mass Mass	7.00am 7.00pm	
Fri 22nd		Mass Mass	7.00am 12.30pm	Joy & Callistus Muoneke & Family
Sat 23rd		Mass Vigil Mass	10.00am 7.00pm	
Sun 24th	The Birthday of Saint John the Baptist— Solemnity	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Parish Intentions  William and Winifred Leyshon RIP

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: £2,183.62

Cathedral

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.

SVDP

INCOME

Polish Collection ..... £24.22

Box Collections..... £126.27

TOTAL.....£150.49

Spend on Food.....£150.56

Expenses               £ 20.53

TOTAL                   £171.03

Thanks to all our benefactors for their welcome donations.

CATHEDRAL SAFEGUARDING Volunteer Wanted

A Safeguarding Co-ordinator is required to assist Fr. Keith with safeguarding in the Cathedral Parish.

Contact: administrator@cathedral-abdn.org

CATHEDRAL CHOIR

There are no Thursday evening practices at the moment as the choir is on holiday.

Practices will resume in August.

CATHEDRAL MUSIC

We are now back to Ordinary time and starting to introduce some new music for the Mass. We will be using the Mass of the Resurrection, composed by Randall DeBruyn. *[Please note there is no space between De and Bruyn]* You can listen to it on Youtube.

We will introduce it gradually over the next few weeks.

BAND PRACTICE

There will be no band practice for the next 2 weeks.

NOW AVAILABLE

*A Scattering 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

Cathedral

ABERDEEN AFRICAN CATHOLIC (AACL) FAMILY FUN DAY

(to raise funds for charity).

Venue: 30th June, 1pm-6pm

Mile End School Gym Hall, Midstocket Road, AB15 5LT

Details: Jane Akadiri: 07715 043 399

Cathedral 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.

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:

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

A Walking Pilgrimage is being organised by ‘Uplifting Walks’ on Sunday 24th June. Walkers will set out from Greyfriars Convent, Elgin at 9:30am. Two options are available:

1) A 9-mile route runs through forestry and rolling countryside. 2) A 3-mile route starting from the car park of Torrieston Walks.

Transport back to Elgin can be arranged at a small cost. For more details and to register (registration is mandatory) visit [www.rcda.scot](http://www.rcda.scot) or email [sabrina@rediscovered.me](mailto:sabrina@rediscovered.me)

SUMMER FAYRE 2018 - SATURDAY 23rd JUNE

Cake & Candy, Toy Stall, Gift Stall, Strawberries & Cream, Children’s Activities

Proceeds to “Let the Children Live”

Venue: St Francis, Deeside Gardens

Time: 2.30pm to 4.30pm

£2.50, children 50p(entry with refreshments)

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: [gp@rcda.scot](mailto:gp@rcda.scot)

CATHOLIC RELIGIOUS EDUCATION

From August Aberdeen City Council will be continuing its programme of Catholic Religious Education for pupils of its secondary schools. Classes will begin the week of Monday August 27th.

Venue: Harlaw Academy.

Register at: <http://www.abernet.org/rcrc> or call Mr Charlie Love on 01224 522287.

ANNUAL SCALAN MASS

The annual Mass at Scalan will take place on Sunday 1st July at 4.00pm. The homilist is the Rt. Rev. William Nolan, Bishop of Galloway.

Scalan post code: AB37 9JS (signposted on B9008).

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 what monastic life is about, during the weekend Friday 3rd to Monday 6th August 2018. The invitation is for 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](mailto:novicemaster@pluscardenabbey.org)

Pluscarden Abbey, Elgin, IV30 8UA.

01343 890257 [www.pluscardenabbey.org](http://www.pluscardenabbey.org)

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](mailto:joye@rcd-abdn.org)

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](mailto:nnesin@yahoo.com)

St. Vincent de Paul

Feeding the homeless

Contact: Evelyn Murray

[murray.evelyn@sky.com](mailto: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](mailto: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.

Contact Deacon: [tony.schmitz@gmail.com](mailto:tony.schmitz@gmail.com)

Legion of Mary

Lower Hall from 6pm to 7.30pm

Contact: Nogie Osula

[nogisula@yahoo.com](mailto: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@gmail.com](mailto:john.costaschuk@gmail.com)

Cathedral Choir Rehearsal for the 11:15 Sunday Mass

7.00pm in Ogilve Centre, contact Shelagh Noden: [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

Fri

Altar Servers’ Practice

Church from 6.00 to 7.00pm

Contact: Simon

[begbie\\_no1@hotmail.com](mailto: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