

Entrance Antiphon Cf. Ps 16:15

As for me, in justice I shall
Behold your face;
I shall be filled with the vision
Of your glory.

First reading Amos 7:12-15

Amaziah, the priest of Bethel, said to Amos, ‘Go away, seer;’ get back to the land of Judah; earn your bread there, do your prophesying there. We want no more prophesying in Bethel; this is the royal sanctuary, the national temple.’ ‘I was no prophet, neither did I belong to any of the brotherhoods of prophets,’ Amos replied to Amaziah ‘I was a shepherd, and looked after sycamores: but it was the Lord who took me from herding the flock, and the Lord who said, “Go, prophesy to my people Israel.”’

Responsorial Psalm Ps 84:9-14 R. v 8

Let us see, O Lord, your mercy, and give us your saving help.

I will hear what the Lord God has to say,
a voice that speaks of peace,
peace for his people.
His help is near for those who fear him
and his glory will dwell in our land. **R**

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. **R**

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. **R**

Second reading Ephesians 1:3-14

Blessed be God the Father of our Lord Jesus Christ, who has blessed us with all the spiritual blessings of heaven in Christ. Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determining that we should become his adopted sons, through Jesus Christ for his own kind purposes, to make us praise the glory of his grace, his free gift to us in the Beloved, in whom, through his blood, we gain our freedom, the forgiveness of our sins. Such is the richness of the grace which he has showered on us in all wisdom and insight. He has let us know the mystery of his purpose, the hidden plan he so kindly made in Christ from the beginning to act upon when the times had run their course to the end: that he would bring everything together under Christ, as head, everything in the heavens and everything on earth. And it is in him that we were claimed as God’s own, chosen from the beginning, under the predetermined plan of the one who guides all things as he decides by

his own will; chosen to be, for his greater glory, the people who would put their hopes in Christ before he came. Now you too, in him, have heard the message of the truth and the good news of your salvation, and have believed it; and you too have been stamped with the seal of the Holy Spirit of the Promise, the pledge of our inheritance which brings freedom for those whom God has taken for his own, to make his glory praised.

Gospel Acclamation Cf. Jn 6:63,68

Alleluia, alleluia!
Your words are spirit, Lord, and they are life;
you have the message of eternal life. Alleluia!

Gospel Mark 6:7-13

Jesus made a tour round the villages, teaching. Then he summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff – no bread, no haversack, no coppers for their purses. They were to wear sandals but, he added, ‘Do not take a spare tunic.’ And he said to them, ‘If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them.’ So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

Communion Antiphon Cf. Ps 83:4-5

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

Having consumed these gifts,
We pray, O Lord,
That, by our participation
In this mystery,
Its saving effects upon us may grow.
Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	110	Alleluia, sing to Jesus
Offertory	450	Lord of all hopefulness
Communion	628	Soul of my Saviour
Marian Antiphon	597	Salve, Regina
Recessional	182	Breathe on me, breath of God

15th July 2018 • Fifteenth Sunday in Ordinary Time • Year B



St Mary's Cathedral

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



Good News Weekly

UNCONDITIONAL FAITH

‘AND HE INSTRUCTED THEM, TAKE NOTHING FOR YOUR JOURNEY’

I’m someone who likes to be prepared. I like to know and organise things in my life months before they happen if I can. I like to know as many details as possible and, if I plan an event, it drives me insane when things don’t, or can’t get done, without a valid reason. I am prepared, organised and most likely a control-freak.

A couple of years ago the Lord really pushed me to let go of it all, to leave all I know behind and to head to the United States to do some missionary work. With two months to prepare and minimal information, there was no way I was ready to take the leap, not unless I had His grace behind me.

Ten months of the unknown. I had the minimal information about where I would be based; the name of the parish; how many youth I’d possibly meet; how long I’d be there. I could plan some of it but every day I faced the same set of questions but with the answers unknown. Where would I sleep? Would people remember to give us food? Will I finally get to do my laundry? Will I get to sleep for more than four hours in a bed?

‘IF YOU ENTER A HOUSE ANYWHERE, STAY THERE UNTIL YOU LEAVE THE DISTRICT’

It’s what I did, every night, but it was never easy. Second Corinthians tells us: “My grace is sufficient for you, for my power is perfected in weakness.” How true this is. I was someone used to having Mass and Adoration every day. Instead, I had thirty minutes of prayer where I prayed every second that no one would come in and interrupt me or even tell me that breakfast was ready! It was through my very limited thirty minutes that I found the grace of the Saviour; the love of a father and the



welcome of a queen.

Over 4000 miles from the comfort of my own city the Lord showed me that if you take a leap of faith, trusting in him and abandoning all He will reward you a 100 times more; that if you turn to him in prayer he will give you the strength to move mountains. Almost every day I would show up to a new parish to encounter over 100 teenagers. I would be exhausted after hours of travel, after interacting with the host homes and team mates and then, with limited sleep, having to do it all again the next day. However, in my weakness, in my poverty the Lord did far more than provide for me, he exceeded all my expectations.

In prayer, my strength was renewed. I learnt that I didn’t need an hour of prayer a day or Mass every day, even though I wouldn’t trade such amazing gifts for all the world. If I could only snatch 10 minutes with Him He was able to supply what I needed.

So I encourage you to spend a little time, even if it’s just ten minutes a day, with our Lord. Abandon all and turn to Him and allow him to transform every minute of your life.

In Christ,

Your little sister - an Aberdeen 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 curate2@cathedral-abdn.org	
Deacon:	Deacon Tony Schmitz deacon@cathedral-abdn.org	
Holy Family Sisters of Needy:	Sr Mary Chidalu 01224 970 812 or 07863 065 345 hfsn@rcd-abdn.org	
St Andrew Community:	07754 891 808 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	
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 15th	15th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Intentions of Mrs Ese Dieseru Parish Intentions Cath Grant RIP
Mon 16th		Mass Mass Evening Prayer Mass	7.00am 12:30pm 6.30pm 7.00pm	Intent of Willy Marley & Family Mr & Mrs Dean - Thanksgiving
Tue 17th		Mass Mass	7.00am 7:00pm	Lindsey Family
Wed 18th		Mass Mass	7.00am 12.30pm	Jean & Louise RIP
Thu 19th		Mass Mass	7.00am 7.00pm	Anniversary of Daniel Slattery
Fri 20th		Mass Mass Mass	7.00am 12.30pm 6.00pm	Lorina Anta RIP
Sat 21st		Mass Vigil Mass	10.00am 7.00pm	Elimma - Thanksgiving
Sun 22nd	16th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Intentions of Mr Dean Parish Intentions For our Members of Parliament

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: £2,009.52

Cathedral

GIFT AID

Gift Aid allows our church to claim back the basic rate tax that you have already paid.

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.



LEGIONARIES FOR MARY

A message from Marianne Burns:

“Please pray for all Legionaries for Mary who give a week of their summer holiday offering to share their Catholic faith in Britain and beyond. Hearts can only be touched with YOUR prayer”.

SVdP	
INCOME	
Polish Collection	£25.26
Box Collections.....	£293.53
Total.....	£318.79
Spend	
Expenses.....	£20.00
Food.....	£137.84
Our grateful thanks to J. from Portlethen for his generous donation of food, also our many thanks to the members of our sister Church in Banchory for all their help. God Bless. Eve Murray.	


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 Bookshop

ADORATION - TIMES

If you are able to commit weekly to an hour of Eucharistic Adoration, the following hours all need a faithful adorers:

Monday: 11.00am/1.00pm.

Tuesday: 8.00am/10.00am/3.00pm/4.00pm/11.00pm

Wednesday: 9.00am/3.00pm


Thursday: 8.00am/9.00am/12.00pm/1.00pm/5.00pm

Friday: 11.00am/1.00pm/2.00pm/3.00pm/5.00pm

Saturday: 2.00pm/8.00pm/9.00pm

To register email: adoration@cathedral-abdn.org

Note: If you have a changing work schedule sign-up online each week on:
<https://stmarysadoration.youcanbook.me>



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.

PARISH RECIPE BOOK FUNDRAISER

Know some delicious recipes? Want to share them with others? James is putting together a parish recipe book as a parish fundraiser. If you’d like to help or can supply a recipe, please contact him at volunteers@cathedral-abdn.org or hand in your recipe to the parish office.

Fr KEITH ABSENCE


Please note that Fr Keith will be attending a conference from 14th to 27th July and will be absent from the parish.

Deanery & Diocese

YOUTH PILGRIMAGE TO FRANCE 1st to 18th AUGUST

The Teens Need to Eat... and the 'Fro has Got to Go!

Please help us raise our remaining balance for the Youth Pilgrimage to France. This is a time for spiritual growth, for discovering more about oneself and for developing friendships. Andres will be standing at the back of the church ready to be ‘shorn’ of his hair in return for your donation. (For electronic donations see <https://www.gofundme.com/the-fro-has-to-go>



SALVATION ARMY TALK

“Leadership - A Christian Challenge”

Presented by Major-General Tim Cross CBE, Former President, Armed Forces Christian Union.

Aberdeen Citadel, Saturday 28th July at 4.00pm

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 Pluscarden Abbey, Elgin, IV30 8UA. 01343 890257 www.pluscardenabbey.org

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 27th August at Harlaw Academy. Register at: <http://www.abernet.org/rcrc> or call Mr Charlie Love on 01224 522287.

BISHOP’S GARDEN PARTY 28th JULY

You are invited to a Garden Party in aid of the Bishop’s Garden Fund and the Volunteer Garden Project for Aberdeen Action on Drugs and Alcohol.

Bishop’s House, Old Aberdeen, 11.00am till 3.00pm. Adults £4, Children/Concessions £2.

Tickets will be on sale at the back of the Church after all Sunday Masses.

For more details contact Pixie: 07763064146

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

HOUSING FOR OLDER, AND DISABLED PEOPLE & DISABLED VETERANS IN ABERDEEN

This summer, **Housing Options Scotland** will be holding free drop in events all over the country to give housing information, advice and support to disabled people, older people, disabled veterans and those who support them.

Housing Options Scotland and DPHS will be in **Aberdeen at Sheddocksley Baptist Church on Tuesday 24th July between 10.00am and 3.00pm.**

To find out more and book a free place visit: <https://bit.ly/2k8rqUY>

To find out more about Housing Options Scotland visit website: www.housingoptionsscotland.org.uk or call on: 0131 247 1400.

SIMPLYHEALTH GREAT ABERDEEN RUN SUNDAY 26TH AUGUST 2018

The Simplyhealth Great Aberdeen Run will take place on Sunday 26th August. It includes the half marathon, 10k run and family run.

All races on the day start and finish on Union Street, with the event village to support the occasion located on Union Terrace. Many roads within the city centre and surrounding areas will be affected by the event, and road closures and traffic diversions will be in operation on the day like those enforced during the 2017 event. A map of the run will be posted on the Cathedral website closer to the date.

For more information, contact Stephen O’Neill on: 01224 522 916 or stoneill@aberdeencity.gov.uk

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. Contact Deacon: tony.schmitz@gmail.com
	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@gmail.com
	Cathedral Choir Rehearsal for the 11:15 Sunday Mass 7.00pm in Ogilve Centre, contact Shelagh Noden: music@cathedral-abdn.org
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	Voluntary Church Cleaning Church after morning rosary.
	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