

Entrance Antiphon

Ps 83: 10-11

Turn your eyes, O God, our shield;
and look on the face of your anointed one;
one day within your courts
is better than a thousand elsewhere.

First reading

Proverbs 9:1-6

Wisdom has built herself a house,
she has erected her seven pillars,
she has slaughtered her beasts, prepared her wine,
she has laid her table.
She has despatched her maidservants
and proclaimed from the city's heights:
'Who is ignorant? Let him step this way.'
To the fool she says,
'Come and eat my bread,
drink the wine I have prepared!
Leave your folly and you will live,
walk in the ways of perception.'

Responsorial Psalm

Psalm 33:2-3,10-15

Taste and see that the Lord is good.

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad. *R*

Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing. *R*

Come, children, and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life
and many days, to enjoy his prosperity? *R*

Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace. *R*

Second reading

Ephesians 5:15-20

Be very careful about the sort of lives you lead, like intelligent
and not like senseless people. This may be a wicked age, but
you redeem it. And do not be thoughtless but recognise what
is the will of the Lord. Do not drug yourselves with wine, this is
simply dissipation; be filled with the Spirit. Sing the words and
tunes of the psalms and hymns when you are together, and go
on singing and chanting to the Lord in your hearts, so that
always and everywhere you are giving thanks to God who is
our Father in the name of our Lord Jesus Christ.

Gospel Acclamation

Jn1:14,12

Alleluia, alleluia!
The Word was made flesh and lived among us:
to all who did accept him

he gave power to become children of God.
Alleluia!

Gospel

John 6:51-58

Jesus said to the Jews:

'I am the living bread which has come down from heaven.
Anyone who eats this bread will live for ever;
and the bread that I shall give is my flesh,
for the life of the world.'

Then the Jews started arguing with one another: 'How can
this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,
if you do not eat the flesh of the Son of Man and drink his
blood,
you will not have life in you.
Anyone who does eat my flesh and drink my blood
has eternal life,
and I shall raise him up on the last day.
For my flesh is real food
and my blood is real drink.
He who eats my flesh and drinks my blood
lives in me
and I live in him.
As I, who am sent by the living Father,
myself draw life from the Father,
so whoever eats me will draw life from me.
This is the bread come down from heaven;
not like the bread our ancestors ate:
they are dead,
but anyone who eats this bread will live for ever.'

Communion Antiphon

Ps 129: 7

With the Lord there is mercy;
in him is plentiful redemption.

Prayer after Communion

Made partakers of Christ through these Sacraments,
we humbly implore your mercy, Lord,
that, conformed to his image on earth,
we may merit also to be his coheirs in heaven.
Who lives and reigns for ever and ever.

Sunday 11.15am Mass		
Entrance Hymn	361	Immortal, invisible, God only wise
Offertory	641	Take our bread
Communion 1		African Motet—Abinoi Alheri (Food of Grace)
Communion 2	349	I am the bread of life
Recessional	307	Guide me, O thou great Redeemer



St Mary's Cathedral



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

Good News Weekly



DUBLIN, IRELAND
**WORLD
MEETING of
FAMILIES**

22-26, AUGUST 2018

This specially written icon of the Holy Family will be the centrepiece for the celebrations in Dublin

Dublin, Ireland, has been chosen by Pope Francis to host the World Meeting of Families beginning next week, from 21-26 August, guided by the theme “The Gospel of the Family: Joy for the World”.

Held every three years, this major international event brings together families from across the world to celebrate, pray and reflect upon the central importance of marriage and the family as the cornerstone of our lives, of society and of the Church.

Pope Francis has said, “The family deserves special attention by those responsible for the common good, because it is the basic unit of society, which brings strong links of union that underpin human coexistence and, with the generation and education of children, ensure the renewal and the future of society.”

PRAYER FOR THE FAMILY
God, our Father,
We are brothers and sisters in Jesus your Son,
One family, in the Spirit of your love.

Bless us with the joy of love.
Make us patient and kind,
gentle and generous,
welcoming to those in need.
Help us to live your forgiveness and peace.
Protect all families with your loving care,
Especially those for whom we now pray:
[We pause and remember family members and others by name].
Increase our faith,
Strengthen our hope,
Keep us safe in your love,
Make us always grateful for the gift of life that we share.

This we ask, through Christ our Lord,
Amen

Mary, mother and guide, pray for us.
Saint Joseph, father and protector, pray for us.
Saints Joachim and Anne, pray for us.
Saints Louis and Zélie Martin, pray for us.



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
Fr Emmet O’Dowd
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 19th	20th Sunday in Ordinary Time	Mass Polish Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Sucessful Cermony for Sucie
		Polish Mass Mass		Parish Intentions Marina Marioni
Mon 20th		Mass Mass	7.00am 12:30pm	Marriage Rev Fr James Donnelly RIP
Tue 21st		Mass Mass	7.00am 7:00pm	Hugh Graham RIP Cathie Fraser RIP
Wed 22nd		Mass Mass Mass	7.00am 12.30pm 7.00pm	Thanksgiving for Khor Family Ella Odjoi
Thu 23rd		Mass Mass	7.00am 7.00pm	
Fri 24th	Saint Bartholomew, Apostle—Feast	Mass Mass	7.00am 12.30pm	Canon Charles Stanley RIP
Sat 25th		Mass Vigil Mass	10.00am 7.00pm	Alistair Poole
Sun 26th	21st Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Benefactors of the Suppl Aid Society Parish Intentions

Mass Intention Envelopes

Notice: If you had a Mass intention for August, please contact the Cathedral office.

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: £2,668.81

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.

SVdP

INCOME

Polish Collection£40.29

Box Collections..... £139.33

Total.....£179.62

Spend on

Food.....£149.41

Many thanks to all who contribute to our box-es at the back of the Church your financial help is very much appreciated. Eve Murray

THE JOURNEY- A REFUGEE PHOTOGRAPHIC EXHIBITION

Learn about the real human stories behind the suffering of the Rohingya people at the photographic exhibition currently being exhibited at the back of the church which is supported by Justice and Peace Scotland and SCIAF.

CATHEDRAL BOOKSHOP

“Sunday Missal Special Offer”


20% off Sunday Missals while stocks last.

Also, now available 2018 issue of the Scots College Magazine

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.




Welcome

We offer a warm welcome to our new Curate, Fr Emmet O’Dowd who will be serving at the Cathedral for the foreseeable future. Do introduce yourself to Fr Emmet.

Cathedral

FIRST AID

It would be reassuring to have a ‘First Aider’ present at each Mass. If you have appropriate medical training, please let us know which Mass you attend and send your contact details to: secretary@cathedral-abdn.org so we can compile a register.



On Saturday 8 September from 11am to 1pm a first aid course conducted by the British Red Cross will be held in the Main Hall. The course is open to all parishioners, but if you lead a group or ministry, we would encourage you to attend. There is no charge for the course and those who complete it will receive a ‘First Aid Learning’ certificate.

ADORATION -TIMES

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

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@catherdral-abdn.org


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



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



The Marriage Course is a series of seven sessions, designed for couples who are seeking to strengthen their relationship and build a strong marriage. The course starts on **Wednesday 19th September, and ends on 31st October.**

You can register online at: <http://www.stmaryscathedralaberdeen.org/marriage/marriage-course/>

For more details contact: marriagecourse.st.mary@gmail.com



Deanery & Diocese

THE CECILIAN CHOIR

The Cecilian Choir from the Diocese of Dunkeld will be singing in the **Chapel of St Mary’s Blairs on Saturday 25 August.** The Choir will sing the Missa Breve by Gounod at 10.30 am and the celebrant will be Canon Kevin Golden a former pupils of Blairs College. The choir will sing Elgar’s Ave Verum before Mass. The conductor of the Choir will be Mary Veal and the Organist will be Sherriff Kevin Veal, past President of the Scottish Federation of Organists.

The offertory collection will be for the parish of St Mary’s, Blairs. All Welcome.

Rt Rev Hugh Gilbert OSB

Bishop of Aberdeen cordially invites

Clergy, Religious and Parishioners to the

Mass of Ordination to the Diaconate of

Domenic Nwaigwe

Friday 14th September 2018 6pm

St Mary’s, Inverness

Please be seated by 5.30pm

RSVP St Mary’s House, 14 Chanonry, Aberdeen AB24 1RP joyce@rcd-abdn.org

MARGARET SINCLAIR PILGRIMAGE

The 2018 Annual Pilgrimage to pray for Beatification of the Venerable Margaret Sinclair will take place on 9th September from 2.00 to 6.00pm at St Patrick’s Church, Cowgate, Edinburgh.

NATIONAL PILGRIMAGE TO CARFIN

National pilgrimage to the shrine of Our Lady of Lourdes at Carfin in honour of St John Ogilvie. Sunday 2 September at 3pm. Principal celebrant, Archbishop Philip Tartaglia and homilist, Bishop Stephen Robson.

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. If you normally travel to Mass by car please note that you will have to leave your car outwith the city-centre exclusion zone and continue to the Cathedral on foot.** A map of the run has been posted on the Cathedral website.

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 at : op@rcda.scot

KINNOULL WEEKEND

Renewal Weekend by Fr Chris Thomas

Friday 19th to Sunday 21st October 2018

St. Mary’s, KINNOULL, Perth

Fr Chris is a well-known author and speaker. This residential weekend starts with supper on Friday at 7pm and ends with lunch on Sunday. The total cost for the weekend is £160 per person. Telephone enquiries or bookings to Margaret on 01542 882116

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
Tue	Magnificat Prayer Group 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 nnesin@yahoo.com
Wed	Light Exercise Class for all Main Hall at 10:00am Contact: Laura Walker 0777 3 021 851 laura@laurawalkerlimited.co.uk
Thu	Seniors Club Speakers, fun & fellowship Main Hall at 2.00 pm every 2 weeks Contact: Jean 01569 765 799
Fri	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
Sat	Legion of Mary Lower Hall from 6pm to 7.30pm Contact: Nogie Osula nogisula@yahoo.com
Sun	African Choir For Africans and anyone else. Upper Hall from 6.00- 8.00pm Contact: Patricia Malikebu 07891 714 549
Mon	Cenacolo Prayer Group Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996
Tue	Band Practice Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: john.costaschuk@gmail.com
Wed	Cathedral Choir Rehearsal for the 11:15 Sunday Mass 7.00pm in Ogilvie Centre, contact Shelagh Noden: music@cathedral-abdn.org
Thu	Altar Servers’ Practice Church from 6.00 to 7.00pm Contact: Simon begbie_no1@hotmail.com
Fri	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.
Sun	K4J (Kids for Jesus) Youth group for P2’s to P7’s. Main Hall from 12.30pm to 2.00pm
Mon	African Choir (As above) Upper Hall from 6.00 - 8.00pm
Tue	Choir Rehearsal Leading the music for 11:15 Sunday Mass Upper Hall 10.00am