

Entrance Antiphon

Ps 118:137,124

You are just, O Lord,
And your judgement is right;
Treat your servant in accord
With your merciful love.

First reading

Isaiah 35:4-7

Say to all faint hearts,
'Courage! Do not be afraid.
Look, your God is coming,
vengeance is coming,
the retribution of God;
he is coming to save you.'
Then the eyes of the blind shall be opened,
the ears of the deaf unsealed,
then the lame shall leap like a deer
and the tongues of the dumb sing for joy;
for water gushes in the desert,
streams in the wasteland,
the scorched earth becomes a lake,
the parched land springs of water.

Responsorial Psalm

Psalm 145(146):7-10

My soul, give praise to the Lord.

It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. **R**

It is the Lord who gives sight to the blind,
who raises up those who are bowed down.
It is the Lord who loves the just,
the Lord, who protects the stranger. **R**

The Lord upholds the widow and orphan
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. **R**

Second reading

James 2:1-5

My brothers, do not try to combine faith in Jesus Christ, our glorified Lord, with the making of distinctions between classes of people. Now suppose a man comes into your synagogue, beautifully dressed and with a gold ring on, and at the same time a poor man comes in, in shabby clothes, and you take notice of the well-dressed man, and say, 'Come this way to the best seats'; then you tell the poor man, 'Stand over there' or 'You can sit on the floor by my foot-rest.' Can't you see that you have used two different standards in your mind, and turned yourselves into judges, and corrupt judges at that?

Listen, my dear brothers: it was those who are poor according to the world that God chose, to be rich in faith and to be the

heirs to the kingdom which he promised to those who love him.

Gospel Acclamation

153:9, Jn6:68

Alleluia, alleluia!
Speak, Lord, your servant is listening:
you have the message of eternal life.
Alleluia!

Gospel

Mark 7:31-37

Returning from the district of Tyre, Jesus went by way of Sidon towards the Sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha', that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said 'he makes the deaf hear and the dumb speak.'

Communion Antiphon

Cf. Ps 41:2-2

Like the deer that yearns
for running streams,
so my soul is yearning for you, my God;
my soul ia thirsting for God
the living God.

Prayer after Communion

Grant that your faithful, O Lord,
whom you nourish and endow with life
through the food of your Word
and heavenly Sacrament,
may so benefit from your beloved Son's great gifts
that we may merit an eternal share in his life.
Who lives and reigns
for ever and ever.

| Sunday 11.15am Mass | | |
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| Entrance Hymn | 584 | Praise to the Lord, the Almighty |
| Offertory | 165 | Be still, for the presence of the Lord |
| Communion | Choir | Adoremus in aeternum |
| Marian Antiphon | 597 | Salve, Regina |
| Recessional | 680 | This day God gives me |



St Mary's Cathedral

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



Good News Weekly

LOOKING FOR A MARRIAGE MADE IN HEAVEN?!

Doug & Tracy Wallace
Testimony (Married for a year)

1. Question: **Why did you decide to do the Marriage Course?**

Answer: **We are newly married and are still wearing the rose tinted glasses, but we are realistic and we realise it is not always going to be that way. We wanted to strengthen our foundation and really learn to communicate. We wanted to open our eyes to things that we might need to be dealing with.**

2. Question: **What was it like going through the marriage course?**

Answer: **It was wonderful! We really enjoyed having that marriage time and to really stop and to reflect on our marriage. It was amazing to just slow down and have a think about this.**

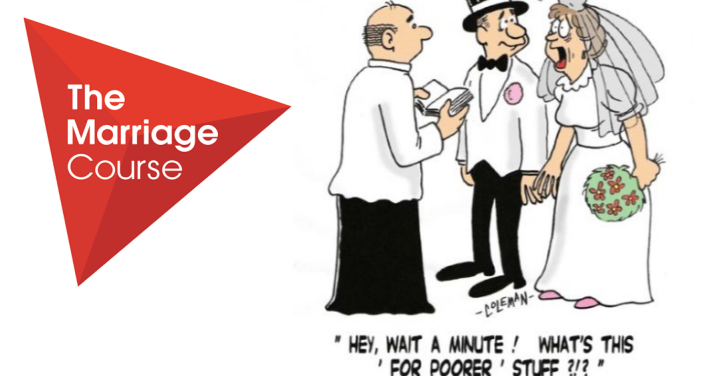
3. Question: **Can you point to the difference the course made in your life?**

Answer: **We talked about expressions of love. How we receive love, how we give love...I remember recognising that for my wife, kind words were big. I remember before we were married, we used to write letters to each other a lot and Tracy really liked that. Since the course, I have done a better**



Doug & Tracy Wallace

job of giving my wife kind words. It helped me to remember to appreciate her, to tell her how beautiful she is, how much I love her.



The course starts on **Wednesday 19th September**. Register online at: www.stmaryscathedralaberdeen.org/marriage/marriage-course/

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



| 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: | 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 Saturdays 10.30am (for Priests) | |
| 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 | | | | |
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| Date | Details | Service | Time | Mass Intentions |
| Sun 9th | 23rd Sunday in Ordinary Time | Mass Polish Mass | 8.00am | Private Intention |
| | | Polish Mass Mass | 9.30am | Parish Intentions |
| Mon 10th | | Mass Polish Mass | 11.15am | Stewart Family |
| | | Mass Mass | 3.00pm | |
| Tue 11th | Apostleship of the Sea | Mass Mass | 6.00pm | |
| | | Mass Mass | 7.00am | Ann Maria Malley Jar - Employment |
| Wed 12th | | Mass Mass | 12:30pm | |
| | | Mass Mass | 7.00am | Jim Church Mrs M. Joseph RIP |
| Thu 13th | | Mass Mass | 7.00am | Callanan Family |
| | | Mass Mass | 7.00pm | |
| Fri 14th | Feast of the Exaltation of the Holy Cross | Mass Mass | 7.00am | |
| | | Mass Mass | 12.30pm | Wayne Whyte |
| Sat 15th | | Mass Vigil Mass | 10.00am | Alistair Poole |
| | | Mass Vigil Mass | 7.00pm | |
| Sun 16th | 24th Sunday in Ordinary Time | Mass Polish Mass | 8.00am | Juliana Opara RIP |
| | | Solemn Mass Polish Mass Mass | 9.30am | Intentions of the Parish |
| | | Mass Mass | 11.15am | Benefactors of the Suppl Aid Society |
| | | Mass Mass | 3.00pm | |
| | | Mass Mass | 6.00pm | |
| | | Mass Mass | 7.00pm | |

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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. |
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| OFFERTORY: £2,486.66 |
| Cathedral |

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| 40 DAYS FOR LIFE is a community-based campaign that takes a determined, peaceful approach to the consequences of abortion. To find out how you can get involved please listen to the talk after Mass SUNDAY 11.15AM MASS CHOIR WORKSHOP Sunday 16th September from 1.00pm -3.00pm New members wanted. Join us after the 11.15am Mass for soup and sandwiches in the Main Hall and afterwards for the workshop in the Upper Hall. All welcome. CONFIRMATION CLASS If you would like your child to attend this class, which will prepare them to receive the Sacrament of Confirmation in the forthcoming session, then please complete the registration form on our website. Class begins on Friday 28th September with a mandatory parents’ meeting at 5.30pm in the Cathedral Lower Hall. The Confirmation class will start after this meeting at 6.00pm. The class will finish at 7.00pm and will be followed by Youth Group from 7.00pm until 9.00pm. Attendance at both the class, the Youth Group and Sunday Mass is obligatory. |
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| SVdP INCOME Polish Collection£72.45 Box Collections..... £117.81 Total.....£190.26 Total Spend on Food....£121.13 Many thanks to all who donate to our work. Your kindness is really appreciated. Eve Murray | HEALING SERVICE The Healing Service will take place in the Cathedral on Thursday 13th September, after the 7pm Mass. All welcome. | PEW RENOVATION PROJECT Why not sponsor the renovation of a pew? You may like to suggest the name of a saint to be put on a plaque attached to the pew. Various options available to sponsor the renovation of a pew, contact Robin Harding for details: Tel: 01224 640160, manager@cathedral-abdn.org |
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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.
There is no charge for the course and those who complete it will receive a ‘First Aid Learning’ certificate

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 begins on **Wednesday 19th September, and ends on 31st October.** Register online at: <http://www.stmaryscathedralaberdeen.org/marriage/marriage-course/>
For more details contact: marriagecourse.st.mary@gmail.com

Deanery & Diocese

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| MASS OF ORDINATION TO THE DIACONATE Rt Rev Hugh Gilbert OSB Bishop of Aberdeen invites Clergy, Religious and Parishioners to The Mass of Ordination to the Diaconate of Domenic Nwaigwe, at St Mary’s, Inverness on Friday 14th September 2018 at 6pm Please be seated by 5.30pm RSVP St Mary’s House, 14 Chanonry, Aberdeen AB24 1RP joyce@rcd-abdn.org | OGILVIE CENTRE FORMATION EVENTS 2018 YOUTH MINISTERS’ WEEKEND RETREAT Kilcoy Castle, Back Isle, 23-25 September 2018 CATECHIST AND FAITH FORMATORS RETREAT Pluscarden Abbey , Elgin, 29th September 2018 WOMEN’S RETREAT Kilcoy Castle, Black Isle, 9-11 November 2018 MEN’S RETREAT Kilcoy Castle, Black Isle, 23-25 November 2018 Details from Sr. Anna Christi at: ogilvie@rcda.scot |
| BETHANY CHRISTIAN TRUST CELEBRATIONS 35 years of ending homelessness. A night of reflection, celebration vision. Tuesday 11th September at 7.30pm Crown Terrace Methodist Church, 8 Crown Terrace, Aberdeen AB11 6HE Free tickets from Evenbrite or call 0131 561 8927 | ABERDEEN DIOCESAN CHOIR The new session has started. Singers of all denominations are most welcome (especially Tenors and Basses!) The ability to sight sing is not essential. We specialise in the singing of Sacred Music for Diocesan events Please come along to rehearsals on Tuesday evenings 7.30pm Upper Hall, St Mary’s RC Cathedral, Huntly Street, Aberdeen AB10 1SH Details: enquiriesADC@hotmail.com www.aberdeendiocesanchoir.com |
| 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. Telephone enquiries or bookings to Margaret on 01542 882116 | ENCOUNTER CHRIST RETREATS FOR YOUNG SINGLE WOMEN The Dominican Sisters invite Catholic women between the ages of 18 and 35 to a peaceful and refreshing weekend away with Christ. The retreat is held on the weekends of 2-4 November and 22-24 March 2019 at Greyfriars Convent in Elgin. To sign up for one of these, please contact Sr. Mary Gianna, OP at op@rcda.scot . There is a £30 suggested donation. |
| APOSTLESHIP OF THE SEA Pray for seafarers and for the AOS ministry at the Stella Maris Mass celebrated by Bishop Stephen Robson on Tuesday 11th Sept at 7.00pm. Refreshments will be served after Mass. | |
| THE BIG ISSUE Volunteers wanted to help distribute the Big Issue from St Mark’s church. Volunteers commit to one 2.5 hour shift per month. Details from Kathleen Innes at: kathleen.innes16@icloud.com (Tel 07799768629). | |

| Weekly Calendar | |
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| 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 Aberdeen Diocesan Choir Upper Hall 7.30 - 9.00 pm, contact: Paula Silverster: enquiriesADC@hotmail.com |
| 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 additions 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 Ogilvie Centre, contact Shelagh Noden: music@cathedral-abdn.org |
| Fri | Altar Servers’ Practice Church from 6.00 to 7.00pm Contact: Simon bebbie_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 |