

Entrance Antiphon

Cf. Ps. 95: 1,6

O sing a new song to the Lord;
sing to the Lord, all the earth.
In his presence are majesty and splendour,
strength and honour in his holy place.

First Reading

Nehemiah 8:2-6,8-10

Ezra the priest brought the Law before the assembly, consisting of men, women, and children old enough to understand. This was the first day of the seventh month. On the square before the Water Gate, in the presence of the men and women, and children old enough to understand, he read from the book from early morning till noon; all the people listened attentively to the Book of the Law.

Ezra the scribe stood on a wooden dais erected for the purpose. In full view of all the people – since he stood higher than all the people – Ezra opened the book; and when he opened it all the people stood up. Then Ezra blessed the Lord, the great God, and all the people raised their hands and answered, ‘Amen! Amen!’; then they bowed down and, face to the ground, prostrated themselves before the Lord. And Ezra read from the Law of God, translating and giving the sense, so that the people understood what was read.

Then Nehemiah – His Excellency – and Ezra, priest and scribe and the Levites who were instructing the people said to all the people, ‘This day is sacred to the Lord your God. Do not be mournful, do not weep.’ For the people were all in tears as they listened to the words of the Law.

He then said, ‘Go, eat the fat, drink the sweet wine, and send a portion to the man who has nothing prepared ready. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.’

Responsorial Psalm

Psalms 18:8-10,15

Your words are spirit, Lord, and they are life.

The law of the Lord is perfect,
it revives the soul.
The rule of the Lord is to be trusted,
it gives wisdom to the simple. R

The precepts of the Lord are right,
they gladden the heart.
The command of the Lord is clear,
it gives light to the eyes. R

The fear of the Lord is holy,
abiding for ever.
The decrees of the Lord are truth
and all of them just. R

May the spoken words of my mouth,
the thoughts of my heart,
win favour in your sight, O Lord,
my rescuer, my rock! R

Second reading

1 Corinthians 12:12-30

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

Nor is the body to be identified with any one of its many parts. If the foot were to say, ‘I am not a hand and so I do not belong to the body’, would that mean that it stopped being part of the body? If the ear were to say, ‘I am not an eye, and so I do not belong to the body’, would that mean that it was not a part of the body? If your whole body was just one eye, how would you hear anything? If it was just one ear, how would you smell anything?

Instead of that, God put all the separate parts into the body on purpose. If all the parts were the same, how could it be a body? As it is, the parts are many but the body is one. The eye cannot say to the hand, ‘I do not need you’, nor can the head say to the feet, ‘I do not

need you.’

What is more, it is precisely the parts of the body that seem to be the weakest which are the indispensable ones; and it is the least honourable parts of the body that we clothe with the greatest care. So our more improper parts get decorated in a way that our more proper parts do not need. God has arranged the body so that more dignity is given to the parts which are without it, and that there may not be disagreements inside the body, but that each part may be equally concerned for all the others. If one part is hurt, all parts are hurt with it. If one part is given special honour, all parts enjoy it.

Now you together are Christ’s body; but each of you is a different part of it. In the Church, God has given the first place to apostles, the second to prophets, the third to teachers; after them, miracles, and after them the gift of healing; helpers, good leaders, those with many languages. Are all of them apostles, or all of them prophets, or all of them teachers? Do they all have the gift of miracles, or all have the gift of healing? Do all speak strange languages, and all interpret them?

Gospel Acclamation

Lk4:18

Alleluia, alleluia!
The Lord has sent me to bring the good news to the poor,
to proclaim liberty to captives.
Alleluia!

Gospel

Luke 1:1-4,14-21

Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him.

He came to Nazara, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me,
for he has anointed me.
He has sent me to bring the good news to the poor,
to proclaim liberty to captives
and to the blind new sight,
to set the downtrodden free,
to proclaim the Lord’s year of favour.

He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, ‘This text is being fulfilled today even as you listen.’

Communion Antiphon

Cf. Ps 33: 6

Look toward the Lord and be radiant;
let your faces not be abashed.

Sunday 11.15am Mass		
Entrance Hymn	116	All hail the power of Jesus’ name
Offertory	147	At the name of Jesus every knee shall bow
Communion	Choir	Adoremus in aeternum (Let us adore for ever the most holy sacrament)
Marian Antiphon	128	Alma Redemptoris Mater
Recessional	297	God’s spirit is in my heart



St Mary’s Cathedral

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



explore

Alpha @ the Cathedral





Out of Tears comes Joy...

My introduction to Alpha came by default. Five years ago my husband of 43 years was diagnosed with terminal cancer and my newly attained retirement changed from being a merry round of badminton, walking, bowling and reading to a full-time carer.

Any ‘free’ time I had was spent in prayer through Mass and the Rosary. I prayed as often and as deeply as I could but it was to no avail. My husband died 18 months later. I was left feeling alone, unloved and abandoned. I went into a huff with God. Speaking to Him spontaneously was impossible and the simple Mass responses stuck in my throat. This continued for about 2 years until a friend of mine announced that he was starting an Alpha course and would I like to come. ‘No!’ was my firm reply. ‘What else would you be doing on a

Sunday evening?’ he asked. ‘Sitting alone, staring at a cold, impersonal TV screen,’ could have been the reply.

I went along. I entered the Main Hall which was buzzing with 70-90 adults of all ages, making eye-contact and smiling. We were all served a delicious hot meal, given a table to sit around and able to share in interesting and animated conversation. Then the ‘Show’ began. There was a DVD with a stark title, ‘Who is Jesus?’ ‘Oh, easy-peasy,’ I thought, ‘Everyone knows that!’

They don’t. The camera crew suddenly appeared on the streets of one of the biggest cities in the world asking people of all ages the same question, ‘Who is Jesus?’ The answers ranged from funny to bizarre and seriously worrying. I was shocked and having teaching in my blood, wanted to rush out and tell them who He was.

My whole life changed. I completed the Alpha course and signed up for the next one. I joined lots of other Church groups, meeting lots of new people and making many friends. I’m not in the huff with God anymore. He is my friend, my confidant and my joy.

Ruth Paterson
St. Mary’s Parishioner



Clergy & Religious

Administrator:

Fr. Keith Herrera

01224 640 160

(Emails through PA: administrator@cathedral-abdn.org)

Assistant Priest:

Fr Emmet O'Dowd

curate2@cathedral-abdn.org

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Deacon Tony Schmitz

deacon@cathedral-abdn.org

Holy Family Sisters of Needy:

Sr Mary Chidalu

01224 970 812 or 07741 54 00 39

hfsn@rcd-abdn.org

St Andrews 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

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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:

Kevin O'Carroll

07784317898

kevin.ocarroll@live.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:

Yi-pei Chou Turvey:

yipeichou@hotmail.com & 07455 479479

Notices

Adoration:

Monday - Saturday

6.00am - 12 midnight

Confessions:

Tuesdays

5.30- 6.00pm & 6.30-7pm

Saturdays

10.30am & 6.00pm

Rosary:

Saturdays

10.30am (for Priests)

Housebound?

John MacKinnon (See above) for visits

Coeliac:

Speak to clergy before Mass

Sunday Coffees:

Ann Ryans

07545 615 198

awilliamryans1234@gmail.com

Natural Family Planning (NFP)

Margaret Hammond

mgthammond13@yahoo.co.uk

Mass Times

Date	Details	Service	Time	Mass Intentions
Sun 27th	3rd Sunday in Ordinary Time	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Thanksgiving-D'Dieseru Family Diocesan Intentions Parish Intentions
Mon 28th		Mass Mass	7.00am 12.30pm	Private Intention Dennis D'Souza RIP & exam success
Tue 29th		Mass Mass	7:00am 6.00pm	Anton Balendrarajah RIP 10th Anniversary Joseph Mckesona RIP
Wed 30th		Mass Mass	7.00am 12.30pm	William Stuart and Beneficiaries
Thu 31st		Mass Mass	7.00am 6.00pm	Benefactors of the Supp. Aid Society
Fri 1st		Mass Mass	7.00am 12.30pm	Private Intention Liz Walsch RIP
Sat 2nd	The Presentation of Lord—Feast	Solemn Mass Mass	10.00am 7.00pm	
Sun 3rd	4th Sunday in Ordinary Time	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Parish Intentions Diocesan Intentions Special Intention - D'Dieseru Family

MASS INTENTION ENVELOPES

Available at the back of the Church. Print details and post through Clergy House letter box. Sunday 11:15 Mass is normally reserved for the Administrator's or Bishop's Intentions for the Parish or Diocese. It may not always be possible for Mass to be celebrated on your preferred date or at the Cathedral itself.

OFFERTORY & GIVING

THANK YOU

Thanks again for those who have responded to the giving challenge made in October/ November. Whilst there has been a marked increase in the value of giving unfortunately there is still a negative gap between income received and actual running costs. Recently a Scottish Bishop suggested that "if parishioners attending Mass would put an additional £1 each per person per week it would significantly help". Would you please give consideration to increasing your Offertory donations by £1 per week or whatever you may be able to afford. Thank you.

Cathedral

CATHEDRAL 200 CLUB

Help maintain our cathedral building by subscribing £5 a month to the 200 Club. Each month there are 4 prizes of £50. **January £50 prize winners:** Mr G Brand, Mrs S Emeye, Mrs A Daniel, Mr J Dowds

Club Organiser: Irvine Long
stmaryscathedralfinance@gmail.com

FLOWERS

If you are interested in helping with decorating the church with flower, kindly contact Yi-pei on yipeichou@hotmail.com or call 07455 479479

PARKING SPACES

The Cathedral currently has two parking bays available for rent. (Office hours only, from 8am to 6pm). All enquiries to Cathedral office.

SVdeP

INCOME

Polish Collection.....£12.11

Box Collection.....£113.11

TOTAL.....£125.63

EXPENSES

Food£176.38

Our Grateful thanks to all those whose generous gifts over the years has enabled us to continue our service to the poor of this Parish.

Candlemas

FEAST OF THE PRESENTATION OF THE LORD

CANDLEMAS DAY

WORLD DAY OF CONSECRATED LIFE

Bishop Hugh Gilbert will celebrate a solemn Mass on Saturday 2nd February at 10 am. This Feast is also known as Candlemas Day; the day on which candles, symbolizing Christ, who is the light of the world, are blessed. So too are blessed, those in consecrated life, who are called to reflect the light of Jesus Christ to all peoples.

Cathedral

Alpha is coming to town

Join us in 2019 #TryAlpha

Alpha is coming to town: **BEGINS TONIGHT!!**
#TryAlpha

Alpha @ the Cathedral begins January 27th at 7.30pm.

ALPHA HELPERS

Could you support Alpha helping either set-up, clear-up or in the kitchen. If interested please contact: alpha@cathedral-abdn.org

Or join the Prayer Team for Alpha on Sundays from 7.30 pm to 9 pm in the Adoration Chapel. Contact hfsn@rcd-abdn.org

CHILDREN'S CHOIR

Rehearsals are held in the Lower Hall, 6.00pm to 8.00pm each Thursday during school term time. Contact: johnhorton@rcda.scot; 01224 939127

CATHEDRAL CHOIR

The cathedral choir is now looking ahead to the Lent/Easter season and preparing a new programme of music. If you enjoy singing and would like to use your talent to serve the Lord do consider joining us. Rehearsals are on Thursdays at 7pm in the clergy house, and in the upper hall before the 11 15 Sunday Mass. If you are interested, speak to a member of the choir or email: music@cathedral-abdn.org

FIRST SATURDAY ADORATION AT THE CATHEDRAL

After Vigil Mass on Saturday 2nd February until Sunday 8am Mass. First hour led with praise and worship

PRIESTHOOD?

Thinking about Diocesan Priesthood in 2019? The Catholic Church in Scotland is now inviting enquiries from those considering applying for seminary. For more info. contact Fr Keith, our Diocesan Vocations Director, at: administrator@cathedral-abdn.org or e-mail Priests for Scotland at: office@pfs.org.uk #priesthood2019

JUSTICE AND PEACE SPECIAL COLLECTION

There will be a special diocesan collection for Justice & Peace this Sunday. J&P serves to promote action in matters relating to social justice, international peace and human rights.

KEEP MOVING IN 2019

Wednesdays, Main Hall 10-11am. The exercises help to improve your balance and muscle control and will certainly make you feel good! The class is fun and friendly. We finish with a hot drink and biscuits!

Deanery & Diocese

ABERDEEN DIOCESAN CHOIR

Rehearsal resumes on 29th January in Upper Hall from 7.30—9.00pm. Contact: Paula Silvester: enquiriesADC@hotmail.com

OUTREACH CONSULAR MISSION OF PHILIPPINE EMBASSY LONDON IN ABERDEEN

Consular Services (passport renewal, dual citizenship, visa, registration of birth, marriage or death, legal services etc) can be processed in Aberdeen by Philippine Embassy London staff on 23 March 2019, Saturday from 930am-500pm in The Credo Centre, 14-20 John Street, Aberdeen AB25 1BT. Visit the Philippine Embassy London website for documentary requirements. Local organisers: Roda 07891439472 or Bong 07917097169

PROPERTIES FOR RENT

The Parish of Upper Deeside (Aboyne, Ballater and Braemar) has two of their residential properties available for long term rent. The first is a 2-bedroom flat in Ballater (rent £400 pcm) and the second is a 3-bedroom house in Aboyne (rent £650 pcm). Both are unfurnished. For further information call Claudia Leith on 07790881427 or 013398 86153 for Aboyne and Peter Gordon on 013397 55202 or 013397 55470 for Ballater.

Weekly Calendar

M o n

Baby & Toddler Group

For parents with young children. All ages welcome. Main Hall from 13.00-15.00pm

Contact: Yi-pei Chou

0745 5479 479

Gospel Choir

Lower Hall at 7pm

Contact: music@cathedral-abdn.org

Credo Community Meeting

Polish charismatic prayer group.

Main Hall at 7.30pm .

Contact: Damian Gloc

07939418178

T u e

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

W e d

Light Exercise Class for all

Main Hall at 10:00am

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

T h u

Cenacolo Prayer Group

Exposition & Rosary praying for healing of those with addictions

Church after Mass

Contact: Liam Sharkey

07774 931 996, liamsharkey@ymail.com

Band Practice

Contemporary music for Sunday 6pm Mass

Upper Hall after Mass

Contact: john.costaschuk@gmail.com

Cathedral Choir Rehearsal

Clergy House at 7.00pm

Contact Shelagh Noden

music@cathedral-abdn.org

F r i

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

S a t

Voluntary Church Cleaning

Church after morning rosary.

K4J (Kids for Jesus)

For kids aged 4 to 10 years old.

Lower Hall from 12.30pm to 2.00pm

Please contact Holy Family Sisters of the Needy

African Choir (As above)

Upper Hall from 6.00 - 8.00pm

S u n

Choir Rehearsal

Leading the music for 11:15 Sunday Mass

Upper Hall 10.00am