

Entrance Antiphon

Blest be God the Father,  
and the Only Begotten Son of God,  
and also the Holy Spirit,  
for he has shown us his merciful love.

First reading

Proverbs 8:22-31

The Wisdom of God cries aloud:  
The Lord created me when his purpose first unfolded,  
before the oldest of his works.  
From everlasting I was firmly set,  
from the beginning, before earth came into being.  
The deep was not, when I was born,  
there were no springs to gush with water.  
Before the mountains were settled,  
before the hills, I came to birth;  
before he made the earth, the countryside,  
or the first grains of the world’s dust.  
When he fixed the heavens firm, I was there,  
when he drew a ring on the surface of the deep,  
when he thickened the clouds above,  
when he fixed fast the springs of the deep,  
when he assigned the sea its boundaries  
– and the waters will not invade the shore –  
when he laid down the foundations of the earth,  
I was by his side, a master craftsman,  
delighting him day after day,  
ever at play in his presence,  
at play everywhere in his world,  
delighting to be with the sons of men.

Psalm

Psalm 8:4-9

*How great is your name, O Lord our God,  
through all the earth!*

When I see the heavens, the work of your hands,  
the moon and the stars which you arranged,  
what is man that you should keep him in mind,  
mortal man that you care for him? **R**

Yet you have made him little less than a god;  
with glory and honour you crowned him,  
gave him power over the works of your hand,  
put all things under his feet. **R**

All of them, sheep and cattle,  
yes, even the savage beasts,  
birds of the air, and fish  
that make their way through the waters. **R**

Second reading

Romans 5:1-5

Through our Lord Jesus Christ, by faith we are judged  
righteous and at peace with God, since it is by faith and  
through Jesus that we have entered this state of grace in  
which we can boast about looking forward to God’s glory.  
But that is not all we can boast about; we can boast about

our sufferings. These sufferings bring patience, as we  
know, and patience brings perseverance, and  
perseverance brings hope, and this hope is not deceptive,  
because the love of God has been poured into our hearts  
by the Holy Spirit which has been given us.

Gospel Acclamation

cf.Rv1:8

Alleluia, alleluia!  
Glory be to the Father, and to the Son, and to the  
Holy Spirit; the God who is, who was, and who is to come.  
Alleluia!

Gospel

John 16:12-15

Jesus said to his disciples:  
‘I still have many things to say to you  
but they would be too much for you now.  
But when the Spirit of truth comes  
he will lead you to the complete truth,  
since he will not be speaking as from himself  
but will say only what he has learnt;  
and he will tell you of the things to come.  
He will glorify me,  
since all he tells you  
will be taken from what is mine.  
Everything the Father has is mine;  
that is why I said:  
*All he tells you  
will be taken from what is mine.*’

Communion Antiphon

Gal 4: 6

Since you are children of God,  
God has sent into your hearts the Spirit of his Son,  
the Spirit who cries out: Abba, Father.

Prayer after Communion

Let us pray.  
May receiving this Sacrament, O Lord our God,  
bring us health of body and soul,  
as we confess your eternal holy Trinity and  
undivided Unity. Through Christ our Lord.



# St Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH

Tel: 01224 640160

[www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)

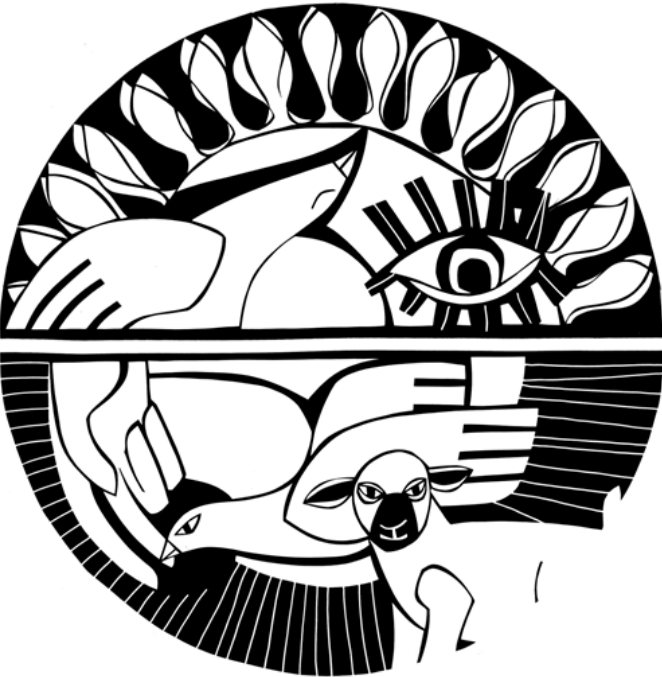


*A Christ-centred community which is alive,  
forming and sending out joyful followers of Jesus*

## The Most Holy Trinity

Today’s feast invites us to live in the awareness  
of the presence of the Triune God within us:  
The Father, the Son and the Holy Spirit. The  
mystery of the Holy Trinity, a doctrine  
enunciated by the ecumenical councils of  
Nicaea and Constantinople, is one of the  
fundamental doctrines of Christianity and the  
greatest mystery of our Faith, namely, that  
there are Three Divine Persons, sharing the  
same Divine nature in one God. “There is one  
God, who has three Persons, Father, Son and  
Holy Spirit. Each Person is God, yet there is  
still only one God” (CCC #234, #253-256). We  
have Father Who is the Creator, Son, the  
Redeemer and Holy Spirit, the Sanctifier and  
the Counsellor.

The doctrine of Three Persons in one God,  
equal in Divinity yet distinct in Person, is not  
explicitly spelt out in the Bible. Even the very  
word “Trinity” is not found in the Bible. But the  
doctrine of the Trinity underlies all major  
Christian feasts, including Christmas, the  
Epiphany, Good Friday, Easter, the Ascension  
and Pentecost. All the official prayers of the  
Church, including the Holy Mass and the  
Sacraments, begin with an address to the Holy  
Trinity: “*In the Name of the Father and of the  
Son and of the Holy Spirit.*”  
We are baptized, absolved of our sins and  
anointed in the name of the Blessed Trinity.



Throughout the world, where church bells ring  
three times a day they invite Christians to pray  
to God the Father (the Provider); God the Son  
(the Saviour); and God the Holy Spirit (the  
Sanctifier).  
We bless ourselves with the Sign of the Cross  
invoking the Name of the Father, Son and Holy  
Spirit and we conclude our prayers glorifying  
the Holy Trinity, saying “*Glory be to the Father  
and to the Son and to the Holy Spirit.*”

Today’s readings convey the fundamental  
mystery that the Triune God reaches out to  
people in love, seeking the deepest  
communion with them.



Clergy & Religious

**Administrator:** Fr. Keith Herrera  
01224 640 160  
(Emails through PA: [administrator@cathedral-abdn.org](mailto:administrator@cathedral-abdn.org))

**Assistant Priest:** Fr Emmet O'Dowd  
[curate2@cathedral-abdn.org](mailto:curate2@cathedral-abdn.org)

**Deacon:** Deacon Tony Schmitz  
[deacon@cathedral-abdn.org](mailto:deacon@cathedral-abdn.org)

**The Holy Family Sisters of Needy:** Sr Mary Chidalu  
01224 970 812 or 07741 54 00 39  
[hfsn@rcd-abdn.org](mailto:hfsn@rcd-abdn.org)

**St Andrews 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:** Paul Webster  
[finance@cathedral-abdn.org](mailto:finance@cathedral-abdn.org)

**Gift Aid:** Peter Simpson  
[giftaid@cathedral-abdn.org](mailto:giftaid@cathedral-abdn.org)

**Cathedral Safeguarding:** Siobhán Gilmour, Patrycja Iwaszkiewicz  
[safeguarding@cathedral-abdn.org](mailto:safeguarding@cathedral-abdn.org)  
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:** [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  
[sacristan@cathedral-abdn.org](mailto:sacristan@cathedral-abdn.org)

**Readers:** Kevin O'Carroll 07784 317 898  
[kevin.ocarroll@live.com](mailto:kevin.ocarroll@live.com)

**Euch. Ministers:** John MacKinnon 07926 628 941  
[johnmackinnon2602@hotmail.co.uk](mailto:johnmackinnon2602@hotmail.co.uk)

**Children's Catechesis:** Ruth Paterson 01224 593 069  
[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:** Yi-pei Chou Turvey: [yipeichou@hotmail.com](mailto:yipeichou@hotmail.com) 07455 479 479

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](mailto:awilliamryans1234@gmail.com)

**Natural Family Planning (NFP)** Margaret Hammond  
[mgthammond13@yahoo.co.uk](mailto:mgthammond13@yahoo.co.uk)

Mass Times

Date	Details	Service	Time	Mass Intentions
Sun 16th	The Most Holy Trinity	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Parish Intentions  Diocesan Intentions  Bishop Hugh's Intentions
Mon 17th		Mass Mass	7.00am 12.30pm	Fr.George Hucheon's Intentions Fr. Peter McKelvie RIP
Tue 18th		Mass Mass	7.00am 6.00pm	All Sick Priests Priests in War-Torn Areas
Wed 19th		Mass Mass	7.00am 12.30pm	Priests In Hardship St Andrews Community
Thu 20th		Mass Mass	7.00am 6.00pm	Valerija Pauliukiene RIP Emmanuel & Stella Thanksgiving
Fri 21st	St. Aloysius Gonzaga	Mass Mass	7.00am 12.30pm	Sr. Mary Joseph's Intentions Anniversary John Donoghue RIP
Sat 22nd		Mass Mass	10.00am 7.00pm	Thanksgiving Mass M.E.P.J.M Fr.George Hucheon's Intentions
Sun 23rd	Corpus Christi	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Diocesan Intentions  Parish Intentions

OFFERTORY COLLECTIONS

The parish loses out on nearly **£40,000** per year on donations not gift aided. If you are a taxpayer and don't give by Standing Order or Weekly Envelope put your offering in an envelope from the back of the church and **Gift Aid** it. Thanks.

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.

Cathedral

CATHEDRAL GOLFERS REQUIRED TO DEFEND HONOUR OF THE PARISH!!

**WE NEED CATHEDRAL GOLFERS TO MAKE UP A TEAM TO COMPETE IN THE 21<sup>ST</sup> DIOCESAN GOLF OUTING**

Friday 28<sup>th</sup> June at Kintore Golf Club AB51 OUR. Tee Times From 12pm. Cost is £40 to include one round of golf and two course supper. There will be a trophy and various other prizes. Want to be part of the team? Please contact Cowan at the Cathedral office on 01224 640160 or at [secretary@cathedral-abdn.org](mailto:secretary@cathedral-abdn.org)

EDGE

Fridays 7pm to 9pm in the Main Hall  
A youth group for teens aged 14-17: Meet for fellowship, food, games, talks, music, fun and more! Come join us!

LIFE TEEN

Fridays 7pm to 9pm in the Upper Hall  
A youth group for teens aged 11-13: Meet for fellowship, food, games, talks, music, fun and more! Come join us!

FAITH & FUN ON SATURDAYS

Youth group for P2's to P7's In the Main Hall from 12.30pm to 2pm every Saturday afternoon. For more details and to register online please see our website.

SVdeP Income

Polish Collection .....	£12.22
Box Collections.....	£129.55
TOTAL.....	£141.77
SPEND	
Food.....	£80.24

Many thanks to all our helpers. Eve Murray

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.  
Club Organiser: Irvine Long  
[stmaryscathedralfinance@gmail.com](mailto:stmaryscathedralfinance@gmail.com)

INTERNET AND MOBILE BANKING

If you use the internet or a mobile app for banking please note the Cathedral Payee details are as follows: Account No. 00759738  
Sort Code 80-05-17  
Reference: Offertory

GIFT AID ENVELOPES 2019-20

Many thanks to those who support the Parish with their Weekly Gift Aid Offertory Envelopes.  
If you have requested envelopes but have not received them please contact the Gift Aid Coordinator:  
Peter Simpson:  
[giftaid@cathedral-abdn.org](mailto:giftaid@cathedral-abdn.org)

PARKING

Please Do not park, for any reason, in the Access Lane at the back of the Cathedral. This lane is required for **ACCESS ONLY**.

Cathedral

CAMP JESUS

An invitation to parents looking for an alternative to child-minding during the summer holidays. How about Camp Jesus? Full of faith, fun, music, sports & more! Camp Jesus is a children's day-camp at St Mary's Cathedral in July. Where: St Mary's Cathedral— When: July 8-12 (8.30-17.30) — Cost: By donation. **Deadline to register** your child on the Cathedral website is **1st July**. Contact: [standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org) (JulieAnna or Eleanor)

COMMUNICATIONS SUNDAY

**There will be a second collection today for World Communications Day when we are also asked to:**

- \*promote a culture of respectful and civilised communications
- \*to become discerning consumers of news media
- \*to be regular readers of our Catholic press and generous supporters of the Church's dedicated communications staff

THURSDAY ALL-NIGHT ADORATION

We now have all-night Adoration in the Adoration Chapel. If you would like to book a time slot please email [adoration@cathedral-abdn.org](mailto:adoration@cathedral-abdn.org) or call 07754891808.

KEEP ON MOVING INTO SUMMER

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

Do you love flowers and flower arranging?

The floral team is looking for creative volunteers. For more info call Yi-pei Chou on 0745 5479 479.

BOOKSHOP MANAGER

St Marys Cathedral is looking for a volunteer manager to run the Cathedral bookshop. This is an important position as this is the only Catholic bookshop in Aberdeen. Ideally the preferred candidate will have bookshop experience or relevant retail experience. Please contact Robin Harding at the Cathedral on 01224 640160 or at [manager@cathedral-abdn.org](mailto:manager@cathedral-abdn.org)

THANKSGIVING MASS

Mrs Joyce Webster who has assisted three successive bishops so invaluable for almost 20 years is retiring from the Diocesan Office in the first week of July. On Monday 1 July, in St Mary's Cathedral, there will be a Mass of thanksgiving at 6pm for her many years of faithful service.

VOLUNTEER RECEPTIONIST

St Marys Cathedral is looking for a volunteer receptionist for the Cathedral office. Someone with good English language skills, both spoken and written, and the capacity to accurately take and transmit messages both within the office and on the telephone. It would be useful if the person concerned could also take on small additional tasks as the situation demanded. Ideally we would like someone who is able to work at least 3 days a week but there is flexibility to have more than one person working on a back to back arrangement if required.

CATHEDRAL CHOIR

Join us this Easter season for a new programme of music. Rehearsals are on **Thursdays at 7pm** in the clergy house, and in the upper hall **before the 11:15am Sunday Mass**. If you are interested, speak to a member of the choir or email: [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

Deanery & Diocese

ANNUAL DIOCESAN PILGRIMAGE TO PLUSCARDEN 2019

The annual Diocesan Pilgrimage to Pluscarden Abbey takes place on Sunday 30 June 2019 when parishioners, clergy and religious, come together from all corners of the Diocese. This year we will be specially welcoming "Catechists and the children they teach" from across the diocese. Everyone is Welcome!

CONCERT AT ST.MARY'S CATHEDRAL

As part of their UK tour, the world-renowned Monaco Boys Choir will be giving a concert at St. Mary's Cathedral on 19th July. Tickets are Now available from APA (on-line or from the Box Office) priced at £10 (£8 for concessions).

MONASTIC EXPERIENCE WEEKEND AT PLUSCARDEN ABBEY

For young men, aged 18-35. Friday 2nd – Monday 5th August. Details from Prior Benedict Hardy at [novicemaster@pluscardenabbey.org](mailto:novicemaster@pluscardenabbey.org)

ST MARY'S FAMILY LIFE CENTRE

Non-judgemental counselling and support for women facing distressful family situations, including unwanted pregnancy, post abortion trauma, domestic violence etc. For all enquiries, contact in confidence The Holy Family Sisters of the Needy at: [hfsnlfifec@rcd-abdn.org](mailto:hfsnlfifec@rcd-abdn.org)

13:00 – 14:30: Exposition of the Blessed Sacrament (Lady Chapel)

13:00 – 14:30: Confessions (St. Benedict's Retreat)

15:00: Pilgrimage Mass & Procession (Solemnity of SS Peter & Paul)

Please try to be seated by 14:30 as there will be testimonies from a Catechist and a pupil before Mass. Refreshments available in the Marquees from 12 noon.

Weekly Calendar

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**Baby & Toddler Group**  
For parents with young children of all ages  
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](mailto:music@cathedral-abdn.org)

**Credo Community Meeting**  
Polish charismatic prayer group.  
Main Hall at 7.30pm .  
Contact: Janis Melcenko 0772 9705 266

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**Magnificat Prayer Group**  
English Charismatic prayer meeting  
Lower Hall after Mass at 7.30pm  
Contact: Stella Maria Onuoha  
[nnesin@yahoo.com](mailto:nnesin@yahoo.com) 0744 9951 415

**St. Vincent de Paul**  
Feeding the homeless  
Contact: Evelyn Murray  
[murray.evelyn@sky.com](mailto:murray.evelyn@sky.com)

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

**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

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**Cenacolo Prayer Group**  
Exposition with Rosary praying for healing of those with addictions  
Church after Mass  
Contact: Liam Sharkey 07774 931 996  
[liamsharkey@yahoo.com](mailto:liamsharkey@yahoo.com)

**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**  
Clergy House at 7.00pm  
Contact: Shelagh Noden  
[music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

**Children's Choir**  
Lower Hall 6.00pm to 8.00pm term time.  
Contact: John Horton 01224 939 127  
[johnhorton@rcda.scot](mailto:johnhorton@rcda.scot)

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**Altar Servers' Practice**  
Church from 6.00 to 7.00pm  
Contact: Simon  
[bebbie\\_no1@hotmail.com](mailto:bebbie_no1@hotmail.com)

**Youth Groups**  
Edge (P7-S2) & Life Teen (S3-S6)  
Hall 7.00pm to 9.00pm  
Contact: St. Andrew's Community

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**Church Cleaning**  
Church after morning rosary  
Contact: Marcel Okeakwa 07543 125 218  
[marxoakeakwa@yahoo.com](mailto:marxoakeakwa@yahoo.com)

**K4J (Kids for Jesus)**  
For kids aged 4 to 10 years old.  
Lower Hall from 12.30pm to 2.00pm  
Contact: Holy Family Sisters of the Needy

**African Choir (As above)**  
Upper Hall from 6.00 - 8.00pm

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**Choir Rehearsal**  
Leading the music for 11:15 Sunday Mass  
Upper Hall 10.00am