

Entrance Antiphon

Cf. Ps 73: 20, 19, 22, 23

Look to your covenant, O Lord,  
and forget not the life of your poor ones for ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek you.

Collect

Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and daughters,  
that we may merit to enter into the inheritance  
which you have promised.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

First reading

1 Kings 19:9,11-13

When Elijah reached Horeb, the mountain of the Lord, he went into the cave and spent the night in it. Then he was told, ‘Go out and stand on the mountain before the Lord.’ Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

Psalm

Psalm 84:9-14

*R. 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.  
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

Romans 9:1-5

What I want to say now is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so

great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

Gospel Acclamation

cf.Lk19:38,2:14

Alleluia, alleluia!  
Blessings on the King who comes,  
in the name of the Lord!  
Peace in heaven  
and glory in the highest heavens!  
Alleluia!

Gospel

Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. ‘It is a ghost’ they said, and cried out in fear. But at once Jesus called out to them, saying, ‘Courage! It is I! Do not be afraid.’ It was Peter who answered. ‘Lord,’ he said ‘if it is you, tell me to come to you across the water.’ ‘Come’ said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. ‘Lord! Save me!’ he cried. Jesus put out his hand at once and held him. ‘Man of little faith,’ he said ‘why did you doubt?’ And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, ‘Truly, you are the Son of God.’

Communion Antiphon

Ps 147: 12, 14

O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.

Sunday 11.15am Mass			
Processional	568	O worship the King	
Offertory	757	Be not afraid	
Communion	435	Listen, let your heart keep seeking	
Communion	863	Calm me, Lord	
Recessional	514	O God, our help in ages past	

Sunday Bulletin

10th August, 2014 • 19th Sunday in Ordinary Time • Year A • Week 3



St. Mary's Cathedral

20 Huntly Street, Aberdeen

www.stmaryscathedralaberdeen.org



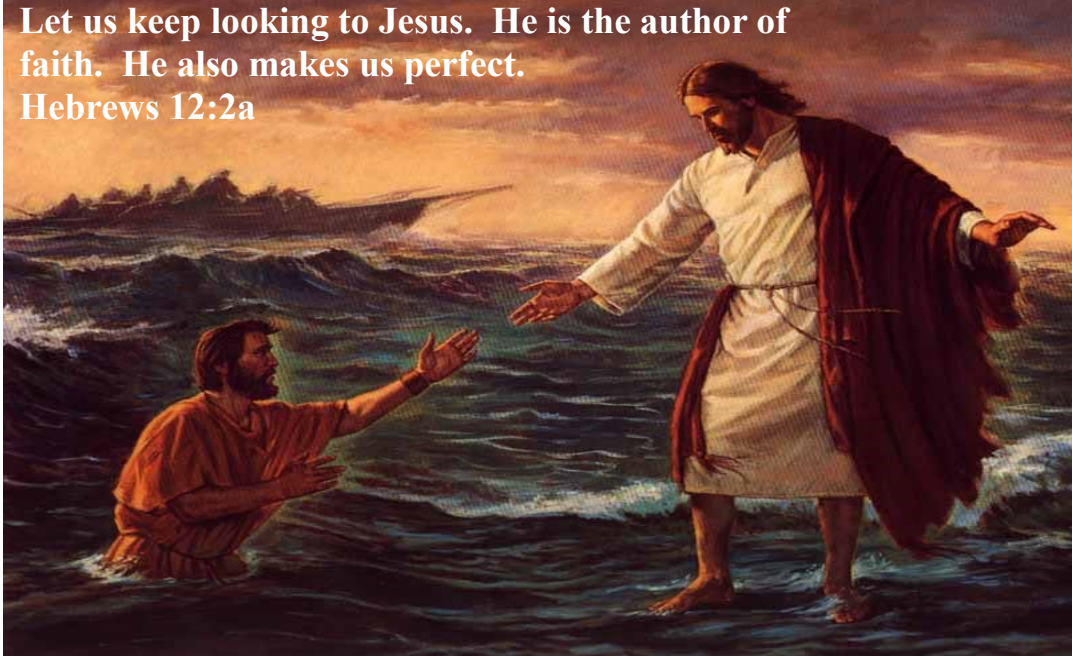
Jesus

will

never

leave

you



MEDITATION

When a strong wind halts the passage of their boat, the disciples believe they see a ghost approaching them. They do not think it is Jesus whom they left in prayer on the mountain. But he is following them, moving like a shadow across the water in order to save them from the danger they face. Through the turbulence of the waves his voice reaches them. Peter, at first hesitant to recognize him, finally throws himself into the water at the call of his Master. Suddenly he is caught in the squall and is about to go under. Jesus reproaches him: "How little faith you have, why did you falter?" At the voice of him who sustains his enthusiasm, Peter comes up from the baptism of fear and death into which he had sunk.

The waves subside, the wind abates, and those in the boat give their hearts over to faith.

On the hostile sea of this world, the ship of the Church breaks through the waves, rising above the assaults of evil. The master is not visibly present. His return is awaited at the end of the night. The Church must steer its course toward the harbour of salvation by the light of the powerful word of the risen Lord.

Soon after the resurrection, the faith of the disciples foundered. They experienced doubt and fear in the face of him whom they perceived as a spirit. In the person of a weak but enthusiastic Peter, the faith of the disciples finds its expression. This is our faith. If we turn resolutely toward Christ in obedience to his call, our faith can never be overcome by fear and doubt.

Vienna International Religious Centre



Clergy & Staff	
<b>Administrator:</b>	Fr. Keith Herrera (01224) 640 160 <a href="mailto:administrator@cathedral-abdn.org">administrator@cathedral-abdn.org</a>
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<b>Deacon:</b>	Deacon Tony Schmitz <a href="mailto:deacon@cathedral-abdn.org">deacon@cathedral-abdn.org</a>
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<b>Music Directors:</b>	David & Liz Meiklejohn <a href="mailto:music@cathedral-abdn.org">music@cathedral-abdn.org</a>
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Parish Office	
<b>Telephone:</b>	(01224) 640 160
<b>Secretary:</b>	Cowan Watson <a href="mailto:secretary@cathedral-abdn.org">secretary@cathedral-abdn.org</a>
<b>Gift Aid:</b>	John Costello <a href="mailto:finance@cathedral-abdn.org">finance@cathedral-abdn.org</a>
<b>Bulletin:</b>	<a href="mailto:bulletin@cathedral-abdn.org">bulletin@cathedral-abdn.org</a> Notices to be in by Tuesday evening
Liturgical Ministries	
<b>Readers:</b>	Fiona Mitchell <a href="mailto:fiona.j.mitchell@hotmail.co.uk">fiona.j.mitchell@hotmail.co.uk</a>
<b>Euch. Ministers:</b>	Trudy Coker (07896) 824 703 <a href="mailto:gcok6@aol.com">gcok6@aol.com</a>
<b>Stewards:</b>	Gordon Webster (01224) 59 22 46 <a href="mailto:webster200@btinternet.com">webster200@btinternet.com</a>
<b>Altar Servers:</b>	George Brand <a href="mailto:geobra@msn.com">geobra@msn.com</a>
<b>Confessions</b> Tuesdays: 6pm Saturdays: 10.30am & 6pm	
<b>Prayer of the Church</b>  Morning Prayer Monday - Friday: 7.30am Saturday: 9.40am	
<b>Adoration of the Blessed Sacrament</b> Monday to Saturday —1 hour before Mass Monday to Friday — 7.30am	
<b>Communion for Sick and Housebound</b> Trudy Coker (See above)	
<b>Family Planning Nature’s Way</b> Margaret Hammond (07891) 358 114 <a href="mailto:mgthammond13@yahoo.co.uk">mgthammond13@yahoo.co.uk</a>	

Mass Times				
Date	Details	Service	Time	Mass Intentions
Sun 10th	19th Sunday in Ordinary Time	Mass Mass-Polish Solemn Mass Mass-Polish Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Patrick Madigan  Caireen Ros  M. Pujol-Oliva
Mon 11th	Memorial of St. Clare	Mass	12.30pm	Communion Service
Tue 12th		Mass	7.00pm	Evelyn Vass RIP
Wed 13th		Mass	12.30pm	Ogo & Henry Ekopeni
Thu 14th	Memorial of St. Maximilian Kolbe	Mass	7.00pm	St. Andrew’s Community
Fri 15h	Solemnity of the Assumption*	Mass Solemn Mass	12.30pm 7.00pm	St. Andrew’s Community For the Clergy
Sat 16th		Mass Mass	10.00am 7.00pm	Priests Fr. Keith
Sun 17th	20th Sunday in Ordinary Time	Mass Mass-Polish Solemn Mass Mass-Polish Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	St. Andrew’s Community  For the Diocese  Stella and Manuel
*Anniversary of Bishop Hugh’s Ordination in 2011 & the Cathedral’s feast day			CHANGE IN TIMETABLE 7am Masses restarting dates TBA	
Mass Intention Envelopes These can be found at the back of the Church. Add details & post through Clergy House letter box (please do not put into the Offertory basket). Recommended offering for each Mass requested is £5.00.			Mass Intentions Due to the large number of intentions it may not be possible for Mass to be celebrated on your preferred date or at the Cathedral itself. Note also that the Sunday 11.15 am Mass is normally reserved for the Administrator’s Intentions for the Parish.	


Offertory 03/08/14: £2,737.93

Polish: £698.00



St Vincent de Paul  
August 02/03 £140.00  
Thanks to everyone.



Deanery & Diocese	
<b>A SONG FOR SAINT CECILIA</b> You are invited to the fundraising Classical Concert to Celebrate the First Anniversary of the Dominican Sisters of St Cecilia’s arrival and their work with Young People in Diocese of Aberdeen.  Sunday 31st August at 3pm Greyfriars Convent Chapel, 15-19 Abbey Street, Elgin IV30 1DA  For further information Contact Gaynoll Craig (07544) 020 709 or <a href="mailto:gaynollcraig@yahoo.co.uk">gaynollcraig@yahoo.co.uk</a>	<b>MONASTIC EXPERIENCE WEEKEND</b>  A special opportunity to see at first hand what monastic life at Pluscarden Abbey is about, from 7th to 10th Nov. No charge for the weekend.  For single young Catholic men who practise their faith, aged 18 - 35.  Contact Fr. Benedict Hardy OSB:
<b>GRANDPARENTS PILGRIMAGE</b> Sunday 17th August: The Annual Scottish Grandparents Pilgrimage to Our Lady's shrine at Carfin. Mass at 3pm followed by Rosary and Blessing of the Sick. Chief Celebrant Bishop John Keenan of Paisley. All Grandparents and their families are very welcome. For further information contact Mrs. Una Delaney at (07411) 111 674	<b>DIOCESAN FUNDRAISING COORDINATOR</b> (Voluntary Position)  The diocese of Aberdeen is seeking a volunteer to coordinate its fundraising activities. If you feel you could offer some of your time to help with this please contact Joyce for more information: <a href="mailto:joyce@rcd-abdn.org">joyce@rcd-abdn.org</a>

Cathedral News	
 This weekend Fr. Declan McNaughton from the Columban Fathers will be making a missionary appeal at all the Masses. Mission Matters continues the mission of Jesus Christ in the world to share faith by: Speaking the Word, Caring for people in need, and Acting for justice and creation. Please give generously. Thank you.	<b>JOURNEY OF FAITH</b>  A new series of presentations on the Catholic faith for those who want to deepen their understanding of their faith or for those who are not Catholic but interested in learning more about it.  Tuesdays at 7.30pm in the Lower Hall  This Week: <b>‘Creation &amp; The Fall’</b> And  <b>‘The Church: One, Holy, Catholic &amp; Apostolic’</b>   <i>Begins with supper!</i> Contact: Ann Ryans (07545) 615 198
<b>CLERGY MOVEMENTS</b> Fr. Keith leaves this weekend to join the youth on the St. Patrick’s Pilgrimage and will be back on Tuesday 19th August. Fr. William Adjei from Ghana will be visiting the Cathedral for a month. Fr Rafal Struginski SJ will be leaving us on Monday morning. We thank him for his kind spirit and generosity. Fr. Slawek Jeziorski will be taking his place looking after the Polish Community and helping out.	<b>BOOKSHOP</b> <b>BOOK OF THE MONTH FOR AUGUST</b>  Wisdom from the Heart with Pope John XXIII £ 6.00  <b>SALE BARGAINS</b> <ul style="list-style-type: none"><li>Minutes of Grace: Prayer Book for teens</li><li>New Posters of Pope Francis</li><li>‘Walk in Joy’ with Pope Francis</li><li>Pope Francis, ‘What is the Church?’</li><li>Selection of CD’s by Marilla Ness (Rosary, Divine Mercy etc.)</li></ul> All these titles and more can be viewed on the CTS stand outside the Book Shop
<b>PARISH HEALING MISSION</b> Fr. Laurence Brassill OSA, Pauline Edwards and the team from Little Way Healing Ministries will be leading this weekend at the Cathedral. Thursday 21st August: 7:30 – 9:00 pm Saturday 23rd August: 10:30 am – 4:30 pm* Sunday 24th August: Prayer Ministry after all Masses (Laying on of hands) *Bring packed lunch  Experience the healing power of Jesus All are welcome!  For more information: Paul & Jo Costello: <a href="mailto:paulandjocostello@btinternet.com">paulandjocostello@btinternet.com</a> (07762) 432 080 Deacon Tony Schmitz: <a href="mailto:tony.schmitz@gmail.com">tony.schmitz@gmail.com</a>  <a href="http://www.littlewayhealingministries.com">www.littlewayhealingministries.com</a>	<b>VOLUNTEERS NEEDED</b> Contact Deacon Tony Schmitz
  We invite you to take part in this wonderful event where the doors of the church are wide open for everyone to ‘come and see’. We invite you to sit and take a minute to open your heart & soul to God’s grace and love through Adoration, Confession, music and prayer.  The basic mission is inviting people from the street to come into the church to light a candle. They can leave their lit candle at the front of the church, say a prayer, read a Word from God and simply sit or kneel in front of Jesus. The results for many are very moving.  If you would like to be involved then please be at St. Mary’s Cathedral, Aberdeen just before 8pm.  Saturday 30th August 8pm to 11pm	<b>ALTAR ASSOCIATION</b>  A new group for young girls from the age of 12 who would like to help decorate and care for the altars and Lady Chapel is starting up.  If you would like to find out more or join the group contact Chigozie - (07456) 426 102
<b>CATHEDRAL GARDENS</b>  The cathedral has 7 patches of garden which need regular care. We are looking for volunteers to care for a small patch each.  If you would like to help, please contact Pixie Mather on (01224) 321 953 	<b>CATHOLIC FAMILY ACCOMMODATION</b>  Three young Italian students (Two girls, aged 17 & 19 and boy aged 17) who will be attending a term at Aberdeen Grammar school require accommodation with a Catholic family. If you can help please email Romano Testa: <a href="mailto:luciatesta97@gmail.com">luciatesta97@gmail.com</a>
Youth	
<b>Nazareth</b> The diocesan youth website: <a href="http://nazareth.dioceseofaberdeen.org">http://nazareth.dioceseofaberdeen.org</a>	
 Children should always be accompanied to the toilet by a parent or guardian.	

Weekly Calendar	
Mon	<b>Credo Community Meeting</b> Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Fr Tomasz Klin SJ
Tue	<b>Magnificat Prayer Group</b> Main Hall after Mass Contact: Paul Akagwu (07574) 103 852  <b>St. Vincent de Paul</b> Feeding the homeless Contact: Evelyn Murray  <b>Journey of Faith</b> For those interested in learning more about the Faith or becoming Catholic Lower Hall after Mass Contact: Fr. Keith
Wed	<b>Light Exercise Class for all</b> Main Hall—10:00am Contact: Laura Walker (0777 3) 021 851 <a href="mailto:laura@laurawalkerlimited.co.uk">laura@laurawalkerlimited.co.uk</a>  <b>African Choir</b> For Africans and anyone else. Upper Hall from 6 - 8.00pm Contact: Kingsley Emeye (07956) 039 763
Thu	<b>Healing of Memories</b> Prayer for the healing of painful memories of the past so as to bring peace to the present. Clergy House at 2.30pm (by appointment) Contact: Deacon Tony  <b>Legion of Mary</b> Members serve the Church as needed Lower Hall at 5.30pm Contact: Jide Okwujiako <a href="mailto:jeedarkor@yahoo.com">jeedarkor@yahoo.com</a>  <b>Flower Arrangers</b> Contact: Pixie Mather (01224) 321 953  <b>Cenacolo Prayer Group</b> Exposition & Rosary praying for healing of those with addictions. Church after Mass Contact: Liam Sharkey (07774) 931 996 <a href="mailto:liam.sharkey@fsmail.net">liam.sharkey@fsmail.net</a>  <b>6pm Music Group</b> Contemporary music for the Sunday 6pm Mass Upper Hall after Mass Contact: Margaret Spence <a href="mailto:mag.m.spencer@btinternet.com">mag.m.spencer@btinternet.com</a>
Fri	<b>Our Lady of Aberdeen Prayer Group</b> Gentle prayer & praise Chapter Room from 1.30 - 2.30pm Contact: Teresa Coyne 07901851526
Sat	<b>Church Cleaning</b> Church at 10.30am Contact: Joyce Webster (01224) 319 154  <b>African Choir</b> As above Upper Hall from 6 - 8.00pm
Sun	<b>11:15 Choir</b> Leading the music for 11:15 Sunday Mass Contact: David & Liz Meiklejohn