

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 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a  
furze bush wished he were dead. 'O Lord,' he said 'I have had enough.  
Take my life; I am no better than my ancestors.' Then he lay down and  
went to sleep. But an angel touched him and said, 'Get up and eat.' He  
looked round, and there at his head was a scone baked on hot stones,  
and a jar of water. He ate and drank and then lay down again. But the  
angel of the Lord came back a second time and touched him and said,  
'Get up and eat, or the journey will be too long for you.' So he got up  
and ate and drank, and strengthened by that food he walked for forty  
days and forty nights until he reached Horeb, the mountain of God.

**Psalm**  
Psalm 33:2-9

*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.*

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. *R.*

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called, the Lord heard him  
and rescued him from all his distress. *R.*

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. *R.*

**Second reading**  
Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who has marked you with his seal  
for you to be set free when the day comes. Never have grudges against  
others, or lose your temper, or raise your voice to anybody, or call each  
other names, or allow any sort of spitefulness. Be friends with one  
another, and kind, forgiving each other as readily as God forgave you in  
Christ.  
Try, then, to imitate God as children of his that he loves and follow  
Christ loving as he loved you, giving himself up in our place as a fragrant  
offering and a sacrifice to God.

Gospel Acclamation  
Jn6:51

Alleluia, alleluia!  
I am the living bread which has come down from heaven,  
says the Lord.  
Anyone who eats this bread will live for ever.  
Alleluia!

**Gospel**  
John 6:41-51

The Jews were complaining to each other about Jesus, because he had  
said, 'I am the bread that came down from heaven.' 'Surely this is Jesus  
son of Joseph' they said. 'We know his father and mother. How can he  
now say, "I have come down from heaven"?' Jesus said in reply, 'Stop  
complaining to each other.

'No one can come to me  
unless he is drawn by the Father who sent me,  
and I will raise him up at the last day.  
It is written in the prophets:  
*They will all be taught by God,*  
and to hear the teaching of the Father,  
and learn from it,  
is to come to me.  
Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.  
I tell you most solemnly,  
everybody who believes has eternal life.

'I am the bread of life.  
Your fathers ate the manna in the desert  
and they are dead;  
but this is the bread that comes down from heaven,  
so that a man may eat it and not die.  
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.'

**Communion Antiphon**  
Cf. Jn 6: 51

The bread that I will give, says the Lord,  
is my flesh for the life of the world.

**Prayer after Communion**  
May the communion in your Sacrament  
that we have consumed, save us, O Lord,  
and confirm us in the light of your truth.  
Through Christ our Lord.

Sunday 11.15am Mass		
Introit		Remember, O Lord, your covenant, and do not abandon for ever the souls of your poor; arise, O Lord, and judge your own cause; forget not the cries of those who seek you.
Processional Hymn	444	Lord, enthroned in heavenly splendour
Offertory	418	Let all mortal flesh
Communion Antiphon		The bread which I will give is my flesh for the life of the world.
Communion Hymn	606	See us, Lord, about your altar
		Here, O my Lord
Recessional	521	O Jesus Christ, remember

# Sunday Bulletin

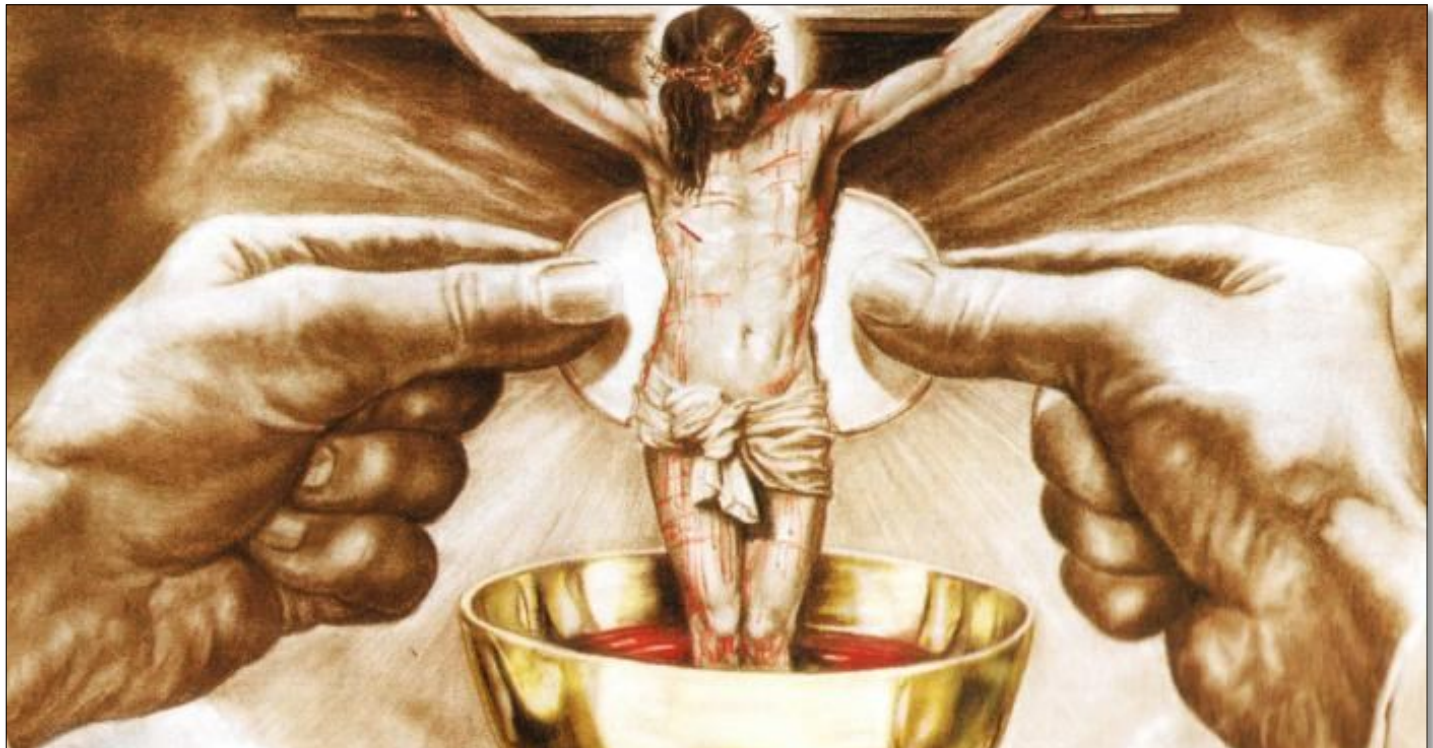
9th August, 2015 • 19th Sunday in Ordinary Time • Year B



## St. Mary's Cathedral

20 Huntly Street, Aberdeen

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



“The bread I will give is my flesh, for the life of the world.”

### Meditation

"I am the bread from heaven!" This solemn "Is this not Jesus, the son of Joseph? How can saying provokes scandalized murmurs from he claim to have come down from heaven?" the crowd. A tragic misunderstanding has The heart of unbelief is to see in Jesus only arisen between Jesus and his hearers. Before the one who shares the bread of people, not identifying himself as the bread of life, Jesus the one who shares his own life in the bread. shared the bread of ordinary people. For "The bread I will give is my flesh, for the life of thirty years his life was marked by everyday the world." Jesus is the one who gives the meals, festival meals, funeral meals. At the bread. We are tempted to reduce religion to the end of those years, the crowd sees only the the initiative of the one who decides for God. man who has shared their bread. But it is God who first shares life with us.

Vienna International Religious Centre



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Clergy & Staff

Administrator:

Fr. Keith Herrera  
01224 640 160  
[administrator@cathedral-abdn.org](mailto:administrator@cathedral-abdn.org)

Assistant Priest:

Fr. Tomasz Klin 07402 099 944  
(Polish Chaplain) [curate1@cathedral-abdn.org](mailto:curate1@cathedral-abdn.org)

Assistant Priest:

Fr. Patrick Xavier Ekutt 07404 704 678  
[pxekutt@gmail.com](mailto:pxekutt@gmail.com)

Deacon:

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

Safeguarding:

Chris Jones 07974 690 719  
[chrisjones442@hotmail.com](mailto:chrisjones442@hotmail.com)  
More information: Parish website or  
[www.scottishcatholicsafeguarding.org.uk](http://www.scottishcatholicsafeguarding.org.uk)

Music Directors:

David & Liz Meiklejohn  
[music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

Shop Manager:

Barbara Mearns  
[shop@cathedral-abdn.org](mailto:shop@cathedral-abdn.org)

Parish Office

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)

Gift Aid:

John Costello  
[finance@cathedral-abdn.org](mailto:finance@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  
[jacquelinearmstr@hotmail.com](mailto:jacquelinearmstr@hotmail.com)

Readers:

Fiona Mitchell  
[fiona.j.mitchell@hotmail.co.uk](mailto:fiona.j.mitchell@hotmail.co.uk)

Euch. Ministers:

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

Pass Keepers:

Gordon Webster 01224 592 246  
[webster200@btinternet.com](mailto:webster200@btinternet.com)

Collection:

Diego Mejias Morffe 07960 325 046  
[dmejiasmorffe@gmail.com](mailto:dmejiasmorffe@gmail.com)

Altar Servers:

George Brand  
[geobra@msn.com](mailto:geobra@msn.com)

Flowers:

Pixie Mather 01224 321 953

Notices

Rosary:

Saturdays 10.30pm

Confessions:

Tuesdays 6pm  
Saturdays 10.30am & 6pm

Adoration:

1 hour before Masses except Sunday

Morning Prayer:

Monday - Friday 7.30am  
Saturdays 9.40am

Evening Prayer:

Thursdays 6.30pm

Night Prayer:

Thursdays 8.30pm

Housebound?

John MacKinnon (See above)  
To arrange communion visits

Coeliacs:

Please speak to a member of the clergy  
before Mass to arrange communion

Feeding Priests:

Yi-Pei Chou [chou.turvey@gmail.com](mailto:chou.turvey@gmail.com)

Sunday Coffees:

Aneta Sieminska 07415 321 792

NFP

Margaret Hammond 07891 358 114  
[mgthammond13@yahoo.co.uk](mailto:mgthammond13@yahoo.co.uk)

Children:

Mass screened live in Main Hall  
To be accompanied to the toilet by a parent or guardian

Mass Times


Date	Details	Service	Time	Mass Intentions
Sun 9th	19th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Mass-Polish Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	For the Parish  For the Diocese
Mon 10th	Saint Lawrence Deacon, Martyr	Mass Mass	7.00am 12.30pm	Dominic Dieseru’s Intentions Julian & Joanna Schmitz
Tue 11th	Saint Clare Virgin	Mass Mass	7.00am 7.00pm	Dominic Dieseru’s Intentions Wellbeing of the Parish
Wed 12th	Saint Jane Frances de Chantal	Mass Mass	7.00am 12.30pm	Michelle Barrett Dominic Dieseru’s Intentions
Thu 13th	Hippolytus Priest, Martyr	Mass Mass	7.00am 7.00pm	Thanks for life of Donatus Etim JulieAnna
Fri 14th	Saint Maximillian Kolbe, Priest ,Martyr	Mass Mass	7.00am 12.30pm	Dominic Dieseru’s Intentions Youth Pilgrimage
Sat 15th	The Assumption of the Blessed Virgin Mary	Mass Vigil Mass	10.00am 7.00pm	Charlene Morgan Youth Pilgrimage
Sun 16th	20th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass	8.00am 9.30am 11.15am	Dominic Dieseru’s Intentions

Mass Intention Envelopes

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

2/08 OFFERTORY: £3,602.61 Polish: £767.00 Renovations: £1622.55



‘Real’ Coffee after Mass

2/08 ST VINCENT DE PAUL

Box Collection: £119.85

Anon donations: £80.00


Expenditure £120.02

We thank you all for your kind help it is really appreciated.

YOUTH

SAINT ANDREW COMMUNITY YOUTH NEWS

- Please help the St. Andrew Community to try to WIN a FREE 17-seater Mini-Bus for their youth work - They need to collect as many **PRESS AND JOURNAL TOKENS** as possible (which are printed daily) up to 28th August. Please put them in the box at the back of the church, or you could hand them to them. Thank you!




Contact: [standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org)


VOLUNTEERS NEEDED — CHILDREN’S LITURGY

Would you like to help spread the Good News? We need volunteers to help out with the Children’s Liturgy. This ministry gives a lot of job satisfaction.

Contact Ruth: [ruthpaterson@hotmail.com](mailto:ruthpaterson@hotmail.com) or speak to her, personally, after 11.15am Mass.



ST. MARY’S YOUTH GROUP (12-17’s)



Begins once more on  
**Friday 21st August at 7pm**  
in the Parish House  
Contact: St. Andrew’s Community

Cathedral News

ROADSHOW ON 12TH AUGUST

The Society for the Protection of Unborn Children is running a roadshow where young people will man a stall in Aberdeen on Wednesday 12th August 12pm—4pm. They will be distributing information to promote the right to life. Please consider giving them a visit to encourage them. Look out for their stall outside the St Nicholas Centre. Further information from SPUC office 0141 221 2094.



FRIENDS OF NORTHCOTE GALA DAY  
Northcote Lodge  
Craigton Road, Aberdeen AB15 7UB  
Saturday 15th August 2015  
11am - 2pm  
Tickets £3 including Welcome Drink  
Barbecue, Home Baking, Tombola, Putting, Children’s Games and Entertainment.



Mary’s Meals

The Mary’s Meals charity which feeds over one million children a day in the poorest countries of the world will be making an appeal during the weekend of the 22nd and 23rd of August.



MARRIAGE OUTSIDE THE CHURCH

If anyone is living in a marriage that has not been recognised by the Church, it would be wise to consult with a priest to see whether the situation might be rectified. It could be as simple as repeating your marriage vows quietly in front of a priest and receiving the Church’s blessing. In that way, one would become eligible to receive the sacraments of the Church, especially the Eucharist.

VOLUNTEER/S WANTED

Get involved in a new and important Cathedral project. Your skills and ideas are vital to help us in reaching out to our parishioners and local community. If you have experience of visual communication, brand development, marketing or any related areas, please contact Robin at [manager@cathedral-abdn.org](mailto:manager@cathedral-abdn.org)

INTERESTED IN SPEAKING SPANISH?

Tuition group starting soon.  
Contact Consuelo at:  
[consuelo.mckenzie@gmail.com](mailto:consuelo.mckenzie@gmail.com) for Details.



MARRIAGE PREPARATION COURSE

Do you have a desire to see marriages strengthened? Perhaps you would consider becoming a member of the Cathedral’s Marriage Preparation Team.  
The course runs once a week for 6 weeks, four times per year. If you are interested, contact Fr. Keith.

HEALTHY PRIESTS

If you would like to join our volunteers rota to help prepare a regular well balanced meal for our busy priests please get in touch with Yi-pei: [chou.turvey@gmail.com](mailto:chou.turvey@gmail.com).



SUNDAY CAFÉ OPENING TIMES

Please note that the Cathedral Sunday Café is now closed for the summer but will reopen on 23rd August.

ACCESS TO CATHEDRAL CAR PARK

Please note that access to the car park is now restricted to those who live or work at the Cathedral and who require parking on a regular basis Mon-Fri.

CATHEDRAL BOOKS & GIFT SHOP

Book of the month: **Misericordiae Vultus**  
*Pope Francis’ teaching document centred on the need for mercy and announcing a Jubilee Year of Mercy beginning 8th December, this year.*  
New in stock: **Angel key rings**  
New: **Rosary repair service**  
Assistant volunteers required for mornings and evenings. If interested, please pick up and fill an application form available at the bookshop.

BILLINGS CLINIC

Whether you wish to have a baby, space your family or just find out about your fertility, why not contact one of our Fertility Experts.  
  
Contact: Margaret Hammond on 07891 358114 or Jane Green on 01542 870641  
  
Our service is free and confidential. Call Fertility Care Scotland on 0141 352 7930 or email [info@fertilitycare.org.uk](mailto:info@fertilitycare.org.uk) for further details.

ACCOMMODATION WANTED

Female French student requires room in family home from 4th September, 2015 until 20<sup>th</sup> May 2016.  
If you can assist please respond to Maria Alex de L’Hermit: [madelhermete@jmael.com](mailto:madelhermete@jmael.com)  
Thank You.

Bell Ringers Wanted

If you are interested in the art of bell ringing and would like to train to be a Cathedral ringer please express your interest to Robin Harding, the Parish Manager: [manager@cathedral-abdn.org](mailto:manager@cathedral-abdn.org)



Please join **Aid to the Church in Need** in prayer this month and ask God to protect the Christian people in South Sudan who are suffering: Heavenly Father, we pray for the thousands made homeless by the ongoing conflict in South Sudan and are being forced to live in displacement camps. We ask especially that your Holy Spirit be with the thousands of Christians who have fled their homes bringing healing, relief and hope to them and their families. Compassionate Lord, we thank ACN for the work the charity does in South Sudan, especially in the provision of emergency help – food, shelter and medicine, providing stipends for priests and organising Christian education and catechesis for seminarians and young people. We also pray most merciful Father that you forgive those who live a life of violence and anger in South Sudan and convert their hearts to a life of love. Amen.

Weekly Calendar

Mon

**Credo Community Meeting**  
Polish charismatic prayer group.  
Main Hall at 7.30pm .  
Contact: Fr Tomasz Klin SJ  
**Mother & Toddler Group**  
For parents with young children  
Main Hall from 10.30-12.30pm  
Contact: Yi-pei Chou  
[chou.turvey@gmail.com](mailto:chou.turvey@gmail.com)

Tue

**Magnificat Prayer Group**  
Main Hall after Mass  
Contact: Paul Akagwu 07574 103 852  
**St. Vincent de Paul**  
Feeding the homeless  
Contact: Evelyn Murray

Wed

**Light Exercise Class for all**  
Main Hall at 10:00am  
Contact: Laura Walker 0777 3 021 851  
[laura@laurawalkerlimited.co.uk](mailto:laura@laurawalkerlimited.co.uk)  
**Seniors Club**  
Speakers, fun & fellowship  
Main Hall at 2 pm every 2 weeks  
Contact: Winnie on 01224 632 465.  
**Cathedral Faith Formation Evening**  
For those interested in learning more about the Faith or becoming Catholic  
Lower Hall at 7pm  
Contact: Fr. Keith  
**African Choir**  
For Africans and anyone else.  
Upper Hall from 6 - 8.00pm  
Contact: Patricia Malikebu 07891 714 549

Thu

**Healing of Memories**  
Prayer for the healing of painful memories of the past to bring peace to the present.  
Clergy House at 2.30pm (by appointment)  
Contact: Deacon Tony  
**Legion of Mary**  
Members serve the Church as needed  
Lower Hall at 5.30pm  
Contact: Nogie Osula  
[nogisula@yahoo.com](mailto:nogisula@yahoo.com)  
**Cenacolo Prayer Group**  
Exposition & Rosary praying for healing of those with addictions  
Church after Mass  
Contact: Liam Sharkey 07774 931 996  
[liam.sharkey@fsmail.net](mailto:liam.sharkey@fsmail.net)  
**6pm Music Group**  
Contemporary music for Sunday 6pm Mass  
Upper Hall after Mass  
Contact: Michael Thomson  
[michael@pianocatholic.org.uk](mailto:michael@pianocatholic.org.uk)

Fri

**Our Lady of Aberdeen Prayer Group**  
Rosary & praise in song and word  
Chapter Room from 1.30 - 2.30pm  
Contact: Teresa Coyne 07901 851 526  
**Altar Servers’ Practice** (Off during July)  
Church from 6.00 to 7.00pm  
Contact: Simon Winstanley  
**Youth Group**  
For teenagers between 11 & 17  
Clergy House 7pm to 9pm  
Contact: St. Andrew’s Community  
07754 891 808  
[standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org)

Sat

**Church Cleaning**  
Church at 10.30am  
Contact: Joyce Webster 01224 319 154  
**African Choir**  
As above  
Upper Hall from 6 - 8.00pm

Sun

**11:15 Choir**  
Leading the music for 11.15 Sunday Mass  
Upper Hall 10.00am  
Contact: David & Liz Meiklejohn