

**Entrance Antiphon**

Cf. Ps 24: 1-3

To you, I lift up my soul, O my God.  
In you, I have trusted; let me not be put to shame.  
Nor let my enemies exult over me;  
and let none who hope in you be put to shame.

**Collect**

Grant your faithful, we pray, almighty God,  
the resolve to run forth to meet your Christ  
with righteous deeds at his coming,  
so that, gathered at his right hand,  
they may be worthy to possess the heavenly kingdom.  
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**

Jeremiah 33:14-16

See, the days are coming – it is the Lord who speaks – when I  
am going to fulfil the promise I made to the House of Israel  
and the House of Judah:  
‘In those days and at that time,  
I will make a virtuous Branch grow for David,  
who shall practise honesty and integrity in the land.  
In those days Judah shall be saved  
and Israel shall dwell in confidence.  
And this is the name the city will be called:  
The-Lord-our-integrity.’

**Psalm**

Psalm 24:4-5,8-9,10,14

To you, O Lord, I lift up my soul.  
Lord, make me know your ways.  
Lord, teach me your paths.  
Make me walk in your truth, and teach me:  
for you are God my saviour.  
To you, O Lord, I lift up my soul.  
The Lord is good and upright.  
He shows the path to those who stray,  
He guides the humble in the right path,  
He teaches his way to the poor.  
To you, O Lord, I lift up my soul.  
His ways are faithfulness and love  
for those who keep his covenant and law.  
The Lord’s friendship is for those who revere him;  
to them he reveals his covenant.  
To you, O Lord, I lift up my soul.

**Second reading**

1 Thessalonians 3:12-4:2

May the Lord be generous in increasing your love and make  
you love one another and the whole human race as much as  
we love you. And may he so confirm your hearts in holiness  
that you may be blameless in the sight of our God and Father  
when our Lord Jesus Christ comes with all his saints.  
Finally, brothers, we urge you and appeal to you in the Lord

Jesus to make more and more progress in the kind of life that  
you are meant to live: the life that God wants, as you learnt  
from us, and as you are already living it. You have not  
forgotten the instructions we gave you on the authority of the  
Lord Jesus.

**Gospel Acclamation**

Ps84:8

Alleluia, alleluia!  
Let us see, O Lord, your mercy  
and give us your saving help.  
Alleluia!

**Gospel**

Luke 21:25-28,34-36

Jesus said to his disciples: ‘There will be signs in the sun and  
moon and stars; on earth nations in agony, bewildered by the  
clamour of the ocean and its waves; men dying of fear as they  
await what menaces the world, for the powers of heaven will  
be shaken. And then they will see the Son of Man coming in a  
cloud with power and great glory. When these things begin to  
take place, stand erect, hold your heads high, because your  
liberation is near at hand.  
‘Watch yourselves, or your hearts will be coarsened with  
debauchery and drunkenness and the cares of life, and that  
day will be sprung on you suddenly, like a trap. For it will  
come down on every living man on the face of the earth. Stay  
awake, praying at all times for the strength to survive all that  
is going to happen, and to stand with confidence before the  
Son of Man.’

**Communion Antiphon**

Ps 84: 13

The Lord will bestow his bounty, and our earth shall yield its  
increase.

**Prayer after Communion**

May these mysteries, O Lord,  
in which we have participated,  
profit us, we pray,  
for even now, as we walk amid passing things,  
you teach us by them to love the things of heaven  
and hold fast to what endures.  
Through Christ our Lord.

Sunday 11.15am Mass	
Processional Hymn	316
Offertory	
Communion Hymns	704
Recessional	218

# Sunday Bulletin

29th November, 2015 • 1st Sunday in Advent • Year C



## St. Mary's Cathedral

20 Huntly Street, Aberdeen

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



### MEDITATION

Advent opens with the proclamation of its  
perennial promise: the Lord will come. We  
enter into the season of paradox, when we  
celebrate the long vigil we are keeping in  
preparation for the one who has already  
come. The first Christian community lived  
the tension between the two comings of the  
Lord: that of his earthly ministry and that of  
his return at the end of time. In preparation  
for this Parousia of the Son of Man, which  
they believed to be imminent, they felt a  
necessity to establish themselves firmly in a  
holiness beyond reproach. But the Christians  
whom Luke addresses begin to witness the  
growth of a new awareness. Although Jesus  
is always present in the community and he  
comes for each person at the moment of  
death,  
the final coming is not yet. The wait is longer  
than anticipated. Therefore the attitude  
demanded of the faithful is one of  
permanent vigilance: to be ready for  
anything, to refuse the evil committed in  
darkness, to stay awake through unceasing  
prayer. Just as the eucharist has as its goal to  
proclaim the death of the Lord "until he  
comes" (1 Co 11:26), so also do vigilance  
and prayer open us to the coming of the  
reign of God. They call us to stand up and  
raise our heads by giving us the task of  
putting a name on human expectation.

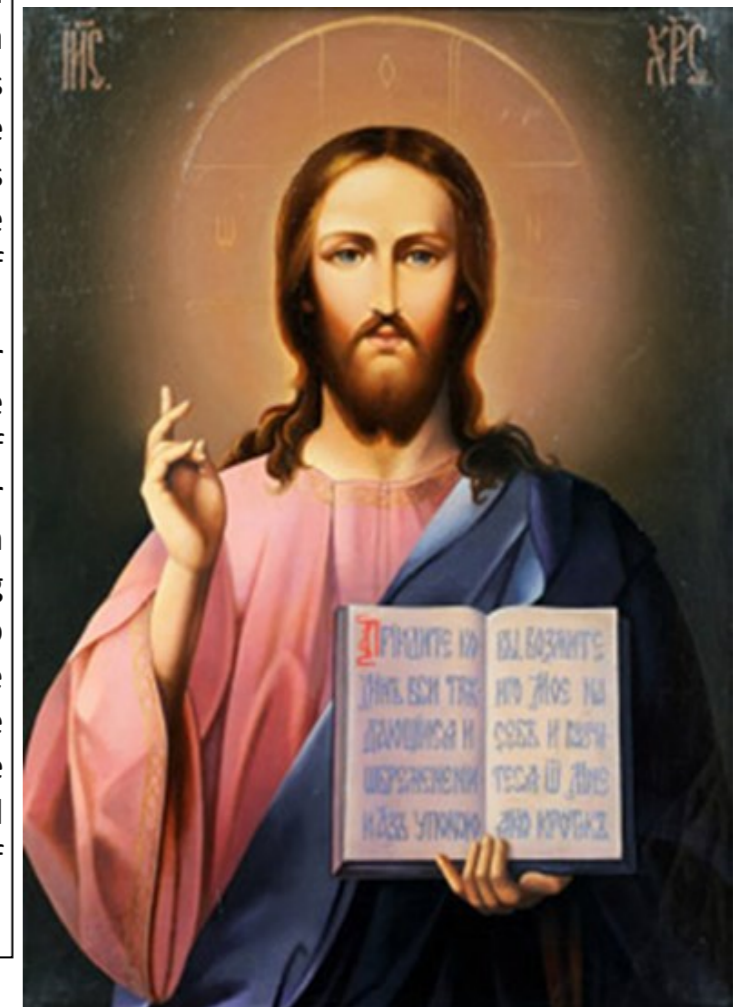
### 1st Sunday of Advent

**TO LOVE:**

As you light the First Candle of the  
Advent Wreath pray for someone who  
needs Christ's light in his or her life.

**TO SERVE:**

Lord Jesus, help me to be alert to the  
signs of your presence.



### 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)

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

**St Andrew Community:** 07754 891 808  
[standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org)

**Safeguarding:** Fiona Mitchell 07905 265194  
[fiona.j.mitchell@hotmail.co.uk](mailto:fiona.j.mitchell@hotmail.co.uk)  
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:** 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)

**Finance/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)

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

**Collectors:** 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:** 7am to 7pm Monday to Saturday

**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 29th	1st Sunday in Advent	Mass Polish Mass Solemn Mass Mass-Polish Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Holy Souls  For the Diocese  For the Parish
Mon 30th	Solemnity of St. Andrew Patron of Scotland	Mass Mass Vespers Solemn Mass	7.00am 12.30pm 6.30pm 7.00pm	Holy Souls Holy Souls  Holy Souls
Tue 1st		Mass Mass	7.00am 7.00pm	
Wed 2nd		Mass Mass	7.00am 12.30pm	
Thu 3rd	Saint Francis Xavier, Priest	Mass Mass	7.00am 7.00pm	
Fri 4th	Saint John Damascene	Mass Mass	7.00am 12.30pm	
Sat 5th		Mass Vigil Mass	10.00am 7.00pm	
Sun 6th	2nd Sunday in Advent	Mass Polish Mass Solemn Mass Mass-Polish Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	For the Diocese  For the Parish

**Mass Intention Envelopes**

At the back of the Church. Print details and post through Clergy House letter box. 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. It may not always be possible for Mass to be celebrated on your preferred date or at the Cathedral itself.

22/11 OFFERTORY: £2054.50 SEA SUNDAY: £887.08 Polish: £1,468.20

**'Real' Coffee after Mass**

**ST VINCENT DE PAUL**

Box Collection	£96.05
Anon Donation	£200.00
Anon Donation	£30.00
Exp.(Food)	£139.60

Our grateful thanks to all who contribute

### Youth

### WORLD YOUTH DAY 2016

**PLEDGE TO SPONSOR A YOUNG PERSON**  
If you would like to make a contribution to support our youth, please contact SAC.

Fundraisers for youth include a Bake-sale every 2nd Sunday of the month. Funds raised will go to the youth activities, including WYD.

Sincere thanks to all who bought cakes and gave donations on 1st Nov. £821 was raised for the youth!

**ST. MARY'S YOUTH GROUP (12-17's)**

**Fridays at 7pm**  
in the Parish House  
Contact: St. Andrew's Community

**CRAIG LODGE RETREATS**

• 16+ 4th-6th Dec.  
Contact: St Andrew Community ASAP  
Spaces limited.

**LIFE TEEN**  
Leading Teens Closer to Christ

Life Teen youth group for teens aged 11-17 starting soon! Any adults interested in volunteering to help, Friday nights 7-9pm, as a core member please contact St Andrew Community for an application pack.

### Cathedral News

**FRIENDS OF GOD**

*"In every generation, wisdom passes into holy souls and makes them friends of God and prophets"* (Wisdom 7:27)

If you are single and between 30 and 40 and want to deepen your faith within a circle of friends, You are invited To Bishop's House, 3 Queen's Cross, AB15 4XU at 7pm on **Thursday 3rd December.**

We will meet to pray, discuss inspiring writings and eat together, and find ways of helping each other and others. We will look at themes such as holiness, personal vocation, friendship, relationships, the meaning of love.... It is hoped to meet weekly.

We will begin by looking together at the universal call to holiness.  
*Bishop Hugh*

**FREEDOM TO LOVE**

Wednesdays at 7pm in the Cathedral House Ground-breaking programme looking at critical questions including:

- What is the Theology of the Body and how can it change my life?
- What does it mean to live a life of freedom?
- What does love look like and how do I live it?
- Does God have a plan for my future? ...and much more ...

**CHRISTMAS PARTY/THANKSGIVING SERVICE**  
25th December at 12:45 hrs - Main Hall

This is being organised by The Catholic Women Organisation (CWO) of St Mary's Cathedral for all parishioners.

Come one come all !!!  
Contact: 07449951415

**CATHEDRAL BOOKS & GIFT SHOP**

New stock of medals and prayers, Xmas rosaries now in stock, Wonderful selection of books for children.

**Aid to the Church in Need**  
Prayer • Information • Action

Please join ACN in prayer this Advent and ask God to protect the Christian people around the world who are suffering persecution because of their faith:

*Holy God,  
You have given us the great witness of St. Stephen, the first martyr, who in spite of those who took up stones against him found it in his heart to forgive his persecutors.  
Give us that strength to love our enemies and do good to those who wish to harm us. Help us like Stephen keep our eyes on heaven and its graces. Heavenly Father, The Holy Innocents remind us of the many children caught up across the ages through civil strife and unrest and whose innocent suffer needlessly.  
But innocence so often frustrates evil plans. In your mercy remember the innocent of this world caught up in the harshness of wars and persecution. Amen.*

**BLESSING OF CITY CRIB**  
Tuesday 1st December 11am

Bishop Hugh will bless the Crib at St Nicholas Kirkyard. Children from primary schools in the city will take part, including St Joseph's, St Peter's and Holy Family. Please come along and support them.

**ST MARY'S SENIORS CLUB**

Our next meeting on 2nd December is the last until 13th January 2016. This will be a fun filled afternoon with Elaine guiding us through the "chair exercises". This is also the last chance to pay for our Christmas lunch which is on 16th December at 1.00pm in the Holburn Bar.

For further details please contact Winnie on 01224 632 465

**Baptism**

Congratulations to Matias Andres who was Baptised on Sunday 22nd of November. Please remember him in your prayers.

**DECORATING THE CATHEDRAL FOR CHRISTMAS**

If you wish to contribute to decorating our Cathedral please post your donation through the cathedral letter box marked 'For Christmas Decorations'. Alternatively, there will be a collection after today's Mass and next week's Mass.

**SACRAMENTAL PREPARATION CLASSES**

For children who do not attend a Catholic Primary School. Classes begin with a Parents/Registration Meeting in the Lower Hall on Friday 15th January 2016. If you wish your child to attend either of these classes, Reconciliation or Holy Communion, then please register on the Cathedral website ASAP.

**TRAINED CATECHISTS REQUIRED**

Children's classes for Reconciliation and First Holy Communion are due to begin in January and will run until May every Friday from 4.0-5.0pm in the Cathedral Halls. For this to happen, we need Trained Catechists urgently. If you are one of these and wish to help please contact Fr. Keith or Ruth Paterson:- [ruthpaterson@hotmail.com](mailto:ruthpaterson@hotmail.com)

**ADORATION AT THE CATHEDRAL**  
Monday-Wednesday: 7am-7pm  
Thursday-Saturday: 7am-9pm

**ALL NIGHT ADORATION WITH OUR LADY**  
1st Vigil: Saturday, December 12  
(Continuing every First Saturday of 2016- for the Year of Mercy.)  
8pm-8am (Saturday-Sunday)  
Including led Holy Hours with Praise, Worship and Divine Mercy Chaplets until 10pm.

### Deanery & Diocese

**CHRISTMAS TREE FESTIVAL 2015**

St. Mary's Chapel, Bairs  
South Deeside Road  
Sunday 13th December  
£5 soup, sandwiches, cake  
£3 sandwiches and cake only  
Tickets on sale from Lisa Selbie 07748 113 336

**CAROL CONCERT AT ST. PETER'S, CASTLEGATE**

Will be held on the 12th December at 12 noon with children and adult singers and instrumentalists, followed by soup and sandwich at 12.45pm.  
**All welcome, and bring your friends as well.**

### Weekly Calendar

Mon	<b>Mother &amp; Toddler Group</b> For parents with young children Main Hall from 10.30-12.30pm Contact: Yi-pei Chou <a href="mailto:houturvey@gmail.com">houturvey@gmail.com</a> <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
Wed	<b>Light Exercise Class for all</b> Main Hall at 10:00am Contact: Laura Walker 0777 3 021 851 <a href="mailto:laura@laurawalkerlimited.co.uk">laura@laurawalkerlimited.co.uk</a> <b>Seniors Club</b> Speakers, fun & fellowship Main Hall at 2 pm every 2 weeks Contact: Winnie on 01224 632 465. <b>Deepening Faith</b> For those interested in learning more about the Faith or becoming Catholic Lower Hall at 7pm Contact: Fr. Keith <b>African Choir</b> For Africans and anyone else. Upper Hall from 6 - 8.00pm Contact: Patricia Malikebu 07891 714 549
Thu	<b>Healing of Memories</b> 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 <b>Legion of Mary</b> Members serve the Church as needed Lower Hall at 5.30pm Contact: Nogie Osula <a href="mailto:nogisula@yahoo.com">nogisula@yahoo.com</a> <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 Sunday 6pm Mass Upper Hall after Mass Contact: Michael Thomson <a href="mailto:michael@pianocatholic.org.uk">michael@pianocatholic.org.uk</a>
Fri	<b>Our Lady of Aberdeen Prayer Group</b> Rosary & praise in song and word Chapter Room from 1.30 - 2.30pm Contact: Teresa Coyne 07901 851 526 <b>Altar Servers' Practice</b> Church from 6.00 to 7.00pm Contact: Simon <a href="mailto:bebbie_no1@hotmail.com">bebbie_no1@hotmail.com</a> <b>Youth Group</b> For teenagers between 11 & 17 Clergy House 7pm to 9pm Contact: St. Andrew's Community 07754 891 808 <a href="mailto:standrewscommunity@cathedral-abdn.org">standrewscommunity@cathedral-abdn.org</a>
Sat	<b>Church Cleaning</b> Church at 10.30am Contact: Joyce Webster 01224 319 154 <b>Saturday Club</b> Informal social gathering, includes prayer Main Hall from 4pm to 7pm Contact: Aneta Sieminska 07415 321 792 <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 Upper Hall 10.00am Contact: Shelagh Noden