

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 be-
fore 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 earth-
quake. 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.

Responsorial Psalm
Psalm 84:9-14
Response: 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 un-
ion with Christ – it is the truth – my conscience in un-
ion 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 descend-
ed from the patriarchs and from their flesh and blood
came Christ who is above all, God for ever blessed!
Amen.

Gospel Acclamation
cf. Lk 19:38, 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 Pe-
ter 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 be-
fore him and said, ‘Truly, you are the Son of God.’

Sunday 11.15am Mass		
Entrance Hymn	576	Praise, my soul, the King of heaven
Offertory	Choir	The Lord’s my shepherd
Communion	287	Godhead here in hiding
Marian antiphon	597	Salve, Regina
Recessional	182	Breathe on me, breath of God

Sunday Bulletin

13th August 2017 • 19th Sunday in Ordinary Time • Year A



St. Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH

www.stmaryscathedralaberdeen.org



Meditation

WHEN A STRONG WIND halts the passage of
their boat, the disciples believe they see a
ghost approaching 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 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



St Mary’s Cathedral - Aberdeen AB10 1SH

Clergy & Religious		
Administrator:	Fr. Keith Herrera 01224 640 160 administrator@cathedral-abdn.org	
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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:	Fiona Mitchell fiona.j.mitchell@hotmail.co.uk	
Euch. Ministers:	John MacKinnon 07926 628 941 johnmackinnon2602@hotmail.co.uk	
Welcomers:	Gordon Webster 01224 592 246 webster200@btinternet.com	
Collectors:	Diego Mejias Morffe 07960 325 046 dmejiasmorffe@gmail.com	
Altar Servers:	George Brand 01224 630 159 geobra@msn.com	
Flowers:	Pixie Mathers 07763064146 pixie2704@sky.com	
Notices		
Adoration:	Monday– Saturday	6.00am-12 midnight
Confessions:	Tuesdays	6pm
	Saturdays	10.30am & 6pm
Morning Prayer:	Monday - Friday	7.30am
Evening Prayer:	Thursdays	6.30pm
Night Prayer:	Thursdays	8.30pm
Rosary:	Fridays (Vocations)	1.30pm
	Saturdays (Priests)	10.30pm
Housebound?	John MacKinnon (See above) for visits	
Coeliacs:	Speak to clergy before Mass	
Sunday Coffees:	Ann Ryans	07545 615 198 annryans@aol.com
Natural Family Planning (NFP)	Margaret Hammond nfp@cathedral-abdn.org	

Mass Times				
Date	Details	Service	Time	Mass Intentions
Sun 13th	19th Sunday in Ordinary Time	Mass Polish Mass	8.00am 9.30am	Mrs Rowena Menezes
		Mass Polish Mass	11.15am 3.00pm	For the Diocese
		Mass	6.00pm	Mrs. Irene Clarkson
Mon 14th	Saint Maximilian Kolbe	Mass	12.30pm	The Callanan Family
Tue 15th	The Assumption of the Blessed Virgin	Mass	12.30pm 7.00pm	John McRobb RIP Chinwoke Wedding
Wed 16th	Saint Stephen of Hungary	Mass	12.30pm	Healing of A. Oskawe
Thu 17th		Mass	7.00pm	Freddy Powell RIP
Fri 18th		Mass	12.30pm	Visa success for Mrs Emmanuella Odjoji
		Mass	10.00am	Personal Intention Mr&Mrs Mathews
Sat 19th			7.00pm	William Stewart&Benefactors
Sun 20th	20th Sunday in Ordinary Time	Mass Polish Mass	8.00am 9.30am	Parish Intentions
		Mass Polish Mass	11.15am 3.00pm	For the Diocese
		Mass	6.00pm	William Stewart&Benefactors

Mass Intention Envelopes	
These are available at the back of the Church. Print details and post through Clergy House letter box.	Cathedral itself. Recommended offering for each Mass is £5.
It may not always be possible for Mass to be celebrated on your preferred date or at the	Sunday 11:15 Mass is normally reserved for the Administrator’s or Bishop’s Intentions for the Parish or Diocese.

OFFERTORY: £ 2615.48 Building Fund: £837.10



Youth

FATIMA PILGRIMAGE

Please pray for all our young folks who are presently on pilgrimage to Fatima and a big thank you to everyone for your spiritual and material support without which this pilgrimage would not be possible.

SVdP	
Income	
Polish Collection	£72.84
Box Collection	£26.30
Anon Donation	<u>£50.00</u>
	total £149.14
Spend on food	£187.02
Many thanks to the couple celebrating their 50th anniversary this week. Your kind donation is very welcome.	
Thank you for all your help.	

Cathedral

CATENIAN ROSARY GROUP

The group is now focusing on sending white plastic rosaries to prisoners where there is an urgent need. Rosaries , especially white plastic rosaries can be sent to Michael Blackburn, 164 Green Park Rd., Halifax HX3 OSP. Any queries ‘phone 01422 352559 or email: michael@jjbr.co.uk

BELOVED DISCIPLES

Pope Francis calls us to discover the Joy of Discipleship. Find out more about your faith in a supportive and friendly environment. Gain the tools needed to be an effective disciple. The Group has gained many insights from the various courses we have followed so far. We are now about to begin studying the Gospel of Matthew (this year the Church takes its Gospel readings from Matthew). We would love you to join us on Wednesdays in the Cathedral House after 12:30 Mass. Please come along! You will be made very welcome! Kevin O’Carroll

Please take me home

Cathedral

CONGRATULATIONS

Congratulations and every blessing for Charles and Katie and Vicky and Jason who were married this week.

THE ASSUMPTION OF THE BLESSED VIRGIN MARY

The Solemnity of the Assumption on Tuesday of this week is a Holy Day of Obligation and so there will be both a Mass at 12.30pm and at 7.00pm.

CHOIR PRACTICE

Practice for the 11;15 choir will resume on Thursday evening this week (17th) in the music office, up the stairs at the side entrance to the Cathedral at 7pm. New members are very welcome. If you are interested but can’t attend contact music@cathedral-abdn.org

mary’s meals | a simple solution to world hunger

MARY’S MEALS

Next Sunday there will be a second collection for Mary’s Meals who do fantastic work in providing chronically hungry children with one meal every school day, encouraging education that can lift them out of poverty in later life.

ACCESS TO CATHEDRAL NEXT SUNDAY

Due to the ‘Simplyhealth Great Aberdeen Run’ on Sunday 27th August please be aware that due to road closures there will only be pedestrian access to the Cathedral for the greater part of the day.

CONFIRMATION CLASSES 2017 (P7-S4)

These classes begin on Friday, 15th September so Registration begins now. Please sign up online through the Cathedral website: www.stmaryscathedralaberdeen.org

The Confirmation Classes for this session will begin with a Parents’ Meeting at 5.30pm followed by class from 6.00-7.00pm then Youth Group from 7.00-9pm. Attendance at both Classes and Youth Group is mandatory. Please register on line ASAP Any queries to:- ruthpaterson@hotmail.com

SPUC SCOTLAND

A SPUC Petition is available at the back of the church to oppose the campaign to extend abortion. Please sign the petition to help mobilise opposition to this threat to future generations of children

BOOK SHOP

A great selection of books now in the shop.

Benedict XVI Last Testament in his own words
Pope St John Paul—In God’s Hands—Spiritual Diaries
Reason to Believe—Abortion—Marriage Annulment—Contraception and Chastity
Living with Illness and Suffering
Contraception and Chastity
The Word of the Lord —Discovering Verbum Domini
The Inspiration of Truth of Sacred Scripture—the Word that comes from God and Speak
O God for the Salvation of the World
Simple Prayer Book, Theology of the Body
Opening hours of shop 1 hour after every Mass
Remember to pick up your Herald and Observer.

PARISH REGISTER UPDATE

As from next week, we shall be updating our parish registers. Initially, all we shall be asking you is if you are still a parishioner at the Cathedral. This will be done as follows:

- Fr Keith will e-mail those for whom we have e-mail addresses.
- Our volunteers will phone those for whom we do not have e-mail.
- A letter will be sent to those for whom we have neither e-mail no phone numbers.

Once we know who is still a parishioner then we shall be in touch again to update your information. Thank you for your help with this. Fr Keith.

Sunday 13th August, 2017

Cathedral

SOUND DESK

We are looking for people who can commit to going on a rota to help on the sound desk during weekend Masses. This is a vital ministry as it helps everyone to hear what is going on clearly. The role isn’t technically demanding and instruction will be given. Contact: Fr Keith on administrator@cathedral-abdn.org

CHILDREN’S MONTHLY MASS

On the first Sunday of each month the 11.15 am Mass will be set aside as a Children’s Mass.

Deanery & Diocese

UPLIFTING WALKS

You are invited to join Uplifting Walks on Saturday 12th August as we explore the local Buckie area, a varied coastal walk passing through harbours and beautiful coastline with possible wildlife sightings. The walk will end with optional Vigil Mass at St Peter’s Church, Buckie. 4, 8 or 12 mile options. Everyone welcome! To register, and for further info, visit: upliftingwalks.wordpress.com or email Sabrina: sabrina@rediscovered.me

SCOTTISH NATIONAL PILGRIMAGE

CATHOLIC GRANDPARENTS ASSOCIATION,
Carfin Pilgrimage Centre
Sunday 20 August at 2.30 pm

Grube Violin Concert 2017

Professor Michael Grube’s Violin Recital on Monday 21st August 2017 between 7.00pm to 8.15pm at Pluscarden Abbey. Tickets, only available at the door, £10.

National Pilgrimage to Carfin 2017

In honour of our Lady of Fatima to consecrate our country to the Immaculate Heart of Mary. Sunday 3rd September at 3.00pm. Principal Celebrant: Archbishop Philip Tartaglia and Homilist: Bishop Brian McGee

CELEBRATE SCOTLAND

A Catholic family conference for all ages. Lively worship, good teaching and good company in a vibrant faith-filled atmosphere; includes mime and drama and Sunday family Mass. Celebrate is designed for families. It has streams to accommodate all ages of children and youth to help them grow in their faith in a relevant and joy filled way.

This year’s theme is “Seek first his Kingdom”, running in St Ninian’s High School, Giffnock, East Renfrewshire from Saturday 2nd till Sunday 3rd September. For more details and to book see website www.celebrateconference.org or phone Ged Farrell on 07793 370910. An Early bird discount is available if booked before 31st July.

CATHOLIC RELIGIOUS EDUCATION FOR PUPILS OF ABERDEEN CITY COUNCIL SECONDARY SCHOOLS

Aberdeen City Council is continuing its programme of Catholic Religious Education for pupils of its secondary schools in Session 2017-2018. Classes will begin in the week of Monday August 28th. Classes will meet from 4pm until 5pm. This year there is a choice of days and venues. Classes for First and Second Year pupils will meet in Harlaw Academy on Mondays and St Machar Academy on Wednesdays. Classes for Third and Fourth Year pupils will meet in Harlaw Academy on Tuesdays and in St Machar Academy on Thursdays. An individual pupil will be able to choose to attend on the day and at the venue which suits she or he best. For further details and to register please go to www.abernet.org/rcree/ or telephone Mr Charlie Love on 01224 522287.

MONASTIC EXPERIENCE WEEKEND

An opportunity for young, Catholic men, aged 18-35, to discover at first hand what monastic life is about. Interested? Contact Fr Benedict Hardy OSB: novicemaster@pluscardenabbey.org or call: 01343 890 257

Weekly Calendar	
Mon	Mother & Toddler Group For parents with young children. All ages welcome. Main Hall from 1pm-3 pm Contact: Yi-pei Chou chou.turvey@gmail.com Credo Community Meeting Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Klaudiusz Mozolewski 07928323313
Tue	Magnificat Prayer Group 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 nesin@yahoo.com St. Vincent de Paul Feeding the homeless Contact: Evelyn Murray Adult Confirmation Class & RCIA Cathedral House at 7.30pm Contact: Fr Keith
Wed	Light Exercise Class for all Main Hall at 10:00am Contact: Laura Walker 0777 3 021 851 laura@laurawalkerlimited.co.uk Seniors Club Speakers, fun & fellowship Main Hall at 2 pm every 2 weeks Contact: Jean on 01569 765 799 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 Lower Hall from 6pm to 7.30pm Contact: Nogie Osula nogisula@yahoo.com African Choir For Africans and anyone else. Upper Hall from 6 - 8.00pm Contact: Patricia Malikebu 07891 714 549
Thu	Cenacolo Prayer Group Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996 Band Practice Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: John Costaschuk Cathedral Choir practice 7pm in the Lower Hal
Fri	Altar Servers’ Practice Church from 6.00 to 7.00pm Contact: Simon begbie_no1@hotmail.com Youth Groups For teenagers between 11 & 17 Upper Hall 7pm to 9pm Contact: St. Andrew’s Community
Sat	Church Cleaning Church at 10.30am Contact: Joyce Webster 01224 319 154 Parenting Class Clergy House after 10am Mass K4J (Kids for Jesus) Youth group for P2’s to P7’s in the Main Hall from 12.30pm to 2pm Saturday Club Informal social gathering, includes prayer Main Hall from 4pm to 7pm Contact: African Choir (As above) Upper Hall from 6 - 8.00pm
Sun	Choir Rehearsal Leading the music for 11:15 Sunday Mass Upper Hall 10.00am Contact: Shelagh Noden Alpha Main Hall after 6.00pm