

Entrance Antiphon Cf. Ps 67: 6-7,36

God in this holy place,  
God who unites those  
Who dwell in this house;  
He himself gives might and strength  
to his people.

First reading 2 Kings 4:42-44

A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear.' 'Give it to the people to eat', Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat' he insisted 'for the Lord says this, "They will eat and have some left over."' He served them; they ate and had some left over, as the Lord had said.

Responsorial Psalm Psalm 144(145):10-11,15-18

*You open wide your hand, O Lord, and grant our desires.*

All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign  
and declare your might, O God. **R**

The eyes of all creatures look to you  
and you give them their food in due time.  
You open wide your hand,  
grant the desires of all who live. **R**

The Lord is just in all his ways  
and loving in all his deeds.  
He is close to all who call him,  
who call on him from their hearts. **R**

Second reading Ephesians 4:1-6

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, over all, through all and within all.

Gospel Acclamation cf. Jn6:63,68

Alleluia, alleluia!  
Your words are spirit, Lord, and they are life;  
you have the message of eternal life.  
Alleluia!

Gospel John 6:1-15

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.  
Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks, and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

Communion Antiphon Ps 102:2

Bless the Lord, O my soul,  
And never forget all his benefits.

Prayer after Communion.

We have consumed, O Lord,  
This divine Sacrament,  
The perpetual memorial  
Of the Passion of your Son;  
Grant, we pray, that this gift,  
Which he himself gave us with love  
Beyond all telling,  
May profit us for salvation.  
Through Christ our Lord.

| Sunday 11.15am Mass |     |                                   |
|---------------------|-----|-----------------------------------|
| Entrance Hymn       | 361 | Immortal, invisible               |
| Offertory           | 186 | Brother, sister, let me serve you |
| Communion           | 445 | Lord, for tomorrow                |
| Marian Antiphon     | 597 | Salve, Regina                     |
| Recessional         | 194 | Christ be beside me               |

29th July 2018 • Seventeenth Sunday in Ordinary Time • Year B



# St Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH [www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)



## Good News Weekly

### We can serve others through our own joy

*'I implore you, to lead a life worthy of your vocation' (Eph4:1)*

But what is our vocation? Many people think of 'vocation' only in terms of a vocation to the priesthood, the diaconate, the religious life or marriage. However, everyone has the same universal vocation as Christian children - to love.

St Therese of Lisieux once said: 'Finally, I realise that love includes every vocation, that love is all things, that love is eternal, reaching down through the ages and stretching to the utmost limits of the earth.'

How though do we bring this love into everyday situations, and especially, how do we show love to others in the world? Every day we are called to serve, whether in our homes, our places of work or even just walking down the street. Each day we see at least one person who Christ would see as a sheep without a shepherd. Whether it's in the poor, in our children or in the teen serving you at the supermarket checkout.

We are all called to be shepherds - to be a guiding light to bring people to Christ. Perhaps the simplest way of serving others is through our own joy. Our joy can be contagious. People may question



where authentic joy comes from but there's only one answer. It comes from having a personal relationship with Christ. Joy is an invaluable gift of God that radiates to others. It's something we must show to all and especially something we should teach our children and have them experience it through ourselves.

*'The joy of the Lord is your strength.'* (Nehemiah 8:10)

Allow the Lord to be your strength. Spend some time with him asking for the gift of joy and like St. Andrew in the Gospel bring to Christ what you have and surely he will make it more abundant. Trust in the Lord for surely he will always provide, and ask for him to give you the beautiful gift of authentic joy.

Peace be with you!  
*A Cathedral Parishioner*



| Clergy & Religious                   |   |  |
|--------------------------------------|---|--|
| <b>Administrator:</b>                | Fr. Keith Herrera<br>01224 640 160<br><a href="mailto:administrator@cathedral-abdn.org">administrator@cathedral-abdn.org</a>                                  |  |
| <b>Assistant Priest:</b>             | Fr. Janusz Wilczynski SAC<br>(Polish Chaplain) <a href="mailto:curate1@cathedral-abdn.org">curate1@cathedral-abdn.org</a>                                     |  |
| <b>Assistant Priest:</b>             | Fr Peter Amoah<br><a href="mailto:curate2@cathedral-abdn.org">curate2@cathedral-abdn.org</a>  |  |
| <b>Deacon:</b>                       | Deacon Tony Schmitz<br><a href="mailto:deacon@cathedral-abdn.org">deacon@cathedral-abdn.org</a>   |  |
| <b>Holy Family</b>                   | Sr Mary Chidalu   |  |
| <b>Sisters of Needy:</b>             | 01224 970 812 or 07863 065 345<br><a href="mailto:hfsn@rcd-abdn.org">hfsn@rcd-abdn.org</a>  |  |
| <b>St Andrew</b>                     | 07754 891 808   |  |
| <b>Community:</b>                    | <a href="mailto:standrewscommunity@cathedral-abdn.org">standrewscommunity@cathedral-abdn.org</a>  |  |
| Staff & Administration               |   |  |
| <b>Office Hours:</b>                 | 9 am to 4 pm Monday to Friday   |  |
| <b>Telephone:</b>                    | 01224 640 160   |  |
| <b>Manager:</b>                      | Robin Harding<br><a href="mailto:manager@cathedral-abdn.org">manager@cathedral-abdn.org</a>   |  |
| <b>Secretary:</b>                    | Cowan Watson<br><a href="mailto:secretary@cathedral-abdn.org">secretary@cathedral-abdn.org</a>  |  |
| <b>Finance/Gift Aid:</b>             | John Costello<br><a href="mailto:finance@cathedral-abdn.org">finance@cathedral-abdn.org</a>   |  |
| <b>Cathedral Safeguarding:</b>       | TBC<br>email: TBC<br>More information: Parish website or <a href="http://www.scottishcatholicsafeguarding.org.uk">www.scottishcatholicsafeguarding.org.uk</a> |  |
| <b>Music Director:</b>               | Shelagh Noden<br><a href="mailto:music@cathedral-abdn.org">music@cathedral-abdn.org</a>   |  |
| <b>Shop Manager:</b>                 | Barbara Mearns<br><a href="mailto:shop@cathedral-abdn.org">shop@cathedral-abdn.org</a>  |  |
| <b>Bulletin:</b>                     | <a href="mailto:bulletin@cathedral-abdn.org">bulletin@cathedral-abdn.org</a><br>Notices to be in by Tuesday evening   |  |
| <b>Hall Bookings:</b>                | <a href="mailto:halls@cathedral-abdn.org">halls@cathedral-abdn.org</a><br>Call between 9am & 1pm only<br>Terms & Conditions see Parish website                |  |
| Liturgical Ministries                |   |  |
| <b>Head Sacristan:</b>               | Jacqueline Armstrong<br><a href="mailto:jacquelinearmstr@hotmail.com">jacquelinearmstr@hotmail.com</a>  |  |
| <b>Readers:</b>                      | Irma Allan 07714718708<br><a href="mailto:irmalallan@gmail.com">irmalallan@gmail.com</a>  |  |
| <b>Euch. Ministers:</b>              | John MacKinnon 07926 628 941<br><a href="mailto:johnmackinnon2602@hotmail.co.uk">johnmackinnon2602@hotmail.co.uk</a>  |  |
| <b>Children’s Catechesis:</b>        | Ruth Paterson 01224 593069<br><a href="mailto:ruthpaterson@hotmail.com">ruthpaterson@hotmail.com</a>  |  |
| <b>Stewards:</b>                     | Diego Mejias Morffe 07960 325 046<br><a href="mailto:dmejiasmorffe@gmail.com">dmejiasmorffe@gmail.com</a>   |  |
| <b>Altar Servers:</b>                | George Brand 01224 630 159<br><a href="mailto:geobra@msn.com">geobra@msn.com</a>  |  |
| <b>Flowers:</b>                      | Pixie Mather 07763064146<br><a href="mailto:pixie2704@sky.com">pixie2704@sky.com</a>  |  |
| Notices                              |   |  |
| <b>Adoration:</b>                    | Monday - Saturday 6.00am-12 midnight  |  |
| <b>Confessions:</b>                  | Tuesdays 6.00pm<br>Saturdays 10.30am & 6.00pm   |  |
| <b>Morning Prayer:</b>               | Monday - Friday 6.30am  |  |
| <b>Rosary:</b>                       | Saturdays 10.30am (for Priests)   |  |
| <b>Housebound?</b>                   | John MacKinnon (See above) for visits   |  |
| <b>Coeliacs:</b>                     | Speak to clergy before Mass   |  |
| <b>Sunday Coffees:</b>               | Ann Ryans 07545 615 198<br><a href="mailto:annryans@aol.com">annryans@aol.com</a>   |  |
| <b>Natural Family Planning (NFP)</b> | Margaret Hammond<br><a href="mailto:nfp@cathedral-abdn.org">nfp@cathedral-abdn.org</a>  |  |

| Mass Times |                              |   |   |  |
|------------|------------------------------|---|---|--|
| Date       | Details                      | Service   | Time  | Mass Intentions  |
| Sun 29nd   | 17th Sunday in Ordinary Time | Mass<br>Polish Mass<br>Solemn Mass<br>Polish Mass<br>Mass | 8.00am<br>9.30am<br>11.15am<br>3.00pm<br>6.00pm | Alfreda & Gaudengo Ponce Snr RIP<br><br>Parish Intentions<br><br>Fr Barry's Parents - RIP  |
| Mon 30th   |                              | Mass<br>Mass  | 7.00am<br>12:30pm                               | Michael Thomas RIP   |
| Tue 31st   |                              | Mass<br>Mass  | 7.00am<br>7:00pm                                | For marriage   |
| Wed 1st    |                              | Mass<br>Mass  | 7.00am<br>12.30pm                               | Rosanne Kongar - Thanksgiving<br>Happy Birthday Christine Pirie.<br>May God bless you      |
| Thu 2nd    |                              | Mass<br>Mass  | 7.00am<br>7.00pm                                | Nino Dieseru - Special Intention<br>Adalaida Cabison RIP                                   |
| Fri 3rd    |                              | Mass<br>Mass  | 7.00am<br>12.30pm                               | Jeffrey Mathews - Good health<br>Emmanuel Onukwu RIP                                       |
| Sat 4th    |                              | Mass<br>Vigil Mass  | 10.00am<br>7.00pm                               | Alistair Poole<br>Samuel Manoj   |
| Sun 5th    | 18th Sunday in Ordinary Time | Mass<br>Polish Mass<br>Solemn Mass<br>Polish Mass<br>Mass | 8.00am<br>9.30am<br>11.15am<br>3.00pm<br>6.00pm | Mr Dean - Special Intention<br><br>Parish Intentions<br><br>Marianna Joseph - Thanksgiving |

| Mass Intention Envelopes   |   |  |
|--|---|--|
| These are available at the back of the Church. Print details and post through Clergy House letter box.<br>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.<br><br>Sunday 11:15 Mass is normally reserved for the Administrator’s or Bishop’s Intentions for the Parish or Diocese. |  |

| OFFERTORY: £2,222.37 |
|----------------------|
| Cathedral            |

**GIFT AID**

**Gift Aid** allows our church to claim back the basic rate tax that you have already paid.

We can claim back 25p for every £1 donated, boosting the value of the donation by a quarter.  
This means if you donate £10 the government gives the Church an extra £2.50. If you donate £100 we get an extra £25 or £1,000 an extra £250 **at no cost to you!**  
So, if you’re a UK tax payer please complete and sign a Gift Aid Form.  
Completed forms can be given to the stewards or handed in to the Clergy House.



**Canon Charles Stanley**

It is with much sadness that we announce the death of Canon Charles Stanley whose funeral took place on Friday 27th July.

**SVdP**

INCOME

Polish Collection .....£39.77

Box Collections..... £172.62

Total.....£212.39

Spend on

Food.....£322.10

Please express our grateful thanks to all our benefactors.

Eve Murray.

**CATHEDRAL SAFEGUARDING**

**Volunteer Wanted**


A Safeguarding Co-ordinator is required to assist Fr. Keith with safeguarding in the Cathedral Parish. Contact:  
[administrator@cathedral-abdn.org](mailto:administrator@cathedral-abdn.org)

**CATHEDRAL BOOKSHOP**

**ANNOUNCEMENT**

“Sunday Missal Special Offer”

20% off Sunday Missals while stocks last.



**Cathedral Bookshop**

**VOLUNTEERS REQUIRED**

A selection of days and times available..  
To apply please pick up an application form from the shop or from Barbara Mearns, Shop Manager.

**PARISH RECIPE BOOK FUNDRAISER**

Know some delicious recipes?  
Want to share them with others?  
James is putting together a parish recipe book as a parish fundraiser. If you’d like to help or can supply a recipe, please contact him at [volunteers@cathedral-abdn.org](mailto:volunteers@cathedral-abdn.org) or hand in your recipe to the parish office.

**Fr KEITH ABSENCE**

Please note that Fr Keith will be accompanying the Youth Pilgrimage to France from 1st August to 18th August and will be absent from the parish.

**ADORATION - TIMES**

If you are able to commit weekly to an hour of Eucharistic Adoration, the following hours all need a faithful adorer:

Monday: 11.00am/1.00pm.

Tuesday: 8.00am/10.00am/3.00pm/4.00pm/11.00pm


Wednesday: 9.00am/3.00pm

Thursday: 8.00am/9.00am/12.00pm/1.00pm/5.00pm

Friday: 11.00am/1.00pm/2.00pm/3.00pm/5.00pm

Saturday: 2.00pm/8.00pm/9.00pm

To register email: [adoration@cathedral-abdn.org](mailto:adoration@cathedral-abdn.org)



**MARRIAGE COURSE**

The Marriage Course is a unique and practical seven-week course, which will start on **Wednesday 28th February, and end on 31st October.**  
Each week the course starts with a chance for couples to have a romantic candlelit supper in a relaxing atmosphere. This is followed by a short talk on a specific subject, interspersed with film clips of couples sharing their own experiences and street interviews with people from around the world.  
This course is open to all married couples.  
Register: <http://www.stmaryscathedralaberdeen.org/marriage/marriage-course/>  
For details contact: [marriage.st.mary@gmail.com](mailto:marriage.st.mary@gmail.com)



**A CHANCE FOR YOUNG CATHOLIC MEN TO EXPERIENCE MONASTIC LIFE AT PLUSCARDEN ABBEY**

The Benedictine monks of Pluscarden Abbey offer a special opportunity to see what monastic life is about, during the **weekend Friday 3rd to Monday 6th August 2018.** The invitation is for single young men, Catholics who practise their faith, aged 18-35. There will be no charge for the weekend. Anyone interested contact Fr Benedict Hardy OSB:  
[novicemaster@pluscardenabbey.org](mailto:novicemaster@pluscardenabbey.org)  
Pluscarden Abbey, Elgin, IV30 8UA.  
01343 890257 [www.pluscardenabbey.org](http://www.pluscardenabbey.org)

**CATHOLIC RELIGIOUS EDUCATION**

From August Aberdeen City Council will be continuing its programme of Catholic Religious Education for pupils of its secondary schools.  
**Classes will begin the week of: Monday 27th August at Harlaw Academy.**  
**Register at:** <http://www.abernet.org/rcrc> or call Mr Charlie Love on 01224 522287.

**HEALING SERVICE 2nd AUGUST**

The next Healing Service with Exposition, Rosary and songs will be held on Thursday 2nd August after the 7.00pm Mass at St Columbas, Bridge of Don. All welcome.

**MARGARET SINCLAIR PILGRIMAGE**

The 2018 Annual Pilgrimage to pray for Beatification of the Venerable Margaret Sinclair will take place on 9th September from 2.00 to 6.00pm at St Patrick’s Church, Cowgate, Edinburgh.

**GALA DAY 4th AUGUST**

A summer Gala Day will be held at Northcote Lodge Care Home on Saturday 4th August from 11.00am to 2.00pm  
Come and enjoy: Barbeque, Raffles, Bric-a-Brac, Homebakes, Quizzes and Many More.  
Entry Tickets £3.00 (incl Teas/coffees + shortbread)  
Buy your tickets at the Northcote Lodge reception.

**YOUTH LOURDES PILGRIMAGE**

**6-11th October 2018**

This is for young Catholics aged 15-25 who wish to take their faith to the next level. Organised by the Dominican Sisters of St Cecilia.  
Cost £300. Details from the Sisters:  
Contact: [op@rcda.scot](mailto:op@rcda.scot)

**SIMPLYHEALTH GREAT ABERDEEN RUN**

**SUNDAY 26TH AUGUST 2018**

The Simplyhealth Great Aberdeen Run will take place on Sunday 26th August. It includes the half marathon, 10k run and family run.  
All races on the day start and finish on Union Street, with the event village to support the occasion located on Union Terrace. Many roads within the city centre and surrounding areas will be affected by the event, and road closures and traffic diversions will be in operation on the day like those enforced during the 2017 event. A map of the run will be posted on the Cathedral website closer to the date.  
For more information, contact Stephen O’Neill on: 01224 522 916 or [stoneill@aberdeencity.gov.uk](mailto:stoneill@aberdeencity.gov.uk)

**CHANGE TO FOODBANK OPENING HOURS**

The Foodbank located at 5 St Machar Drive, AB24 3YJ, will be open Monday—Friday 10.00am — 12.00pm and 2.00 – 4pm until further notice.

| Weekly Calendar |  |
|-----------------|--|
| <b>Mon</b>      | <b>Mother &amp; Toddler Group</b><br>For parents with young children. All ages welcome. Main Hall from 13.30-15.30pm<br>Contact: Yi-pei Chou 0745 5479 479<br><br><b>Credo Community Meeting</b><br>Polish charismatic prayer group. Main Hall at 7.30pm .<br>Contact: Damian Gloc 07939418178   |
| <b>Tue</b>      | <b>Magnificat Prayer Group</b><br>7.30pm in the Lower Hall after Mass.<br>Contact: Stella Maria Onuoha 0744 9951 415<br><a href="mailto:nnesin@yahoo.com">nnesin@yahoo.com</a><br><br><b>St. Vincent de Paul</b><br>Feeding the homeless<br>Contact: Evelyn Murray <a href="mailto:murray.evelyn@sky.com">murray.evelyn@sky.com</a><br><br><b>Maintenance to Mission</b><br>Discussing parish transformation<br>Cathedral House at 7.30pm<br>Contact: Fr Keith   |
| <b>Wed</b>      | <b>Light Exercise Class for all</b><br>Main Hall at 10:00am<br>Contact: Laura Walker 0777 3 021 851<br><a href="mailto:laura@laurawalkerlimited.co.uk">laura@laurawalkerlimited.co.uk</a><br><br><b>Seniors Club</b><br>Speakers, fun & fellowship<br>Main Hall at 2.00 pm every 2 weeks<br>Contact: Jean 01569 765 799<br><br><b>Healing of Memories</b><br>Prayer for the healing of painful memories of the past to bring peace to the present.<br>Contact Deacon: <a href="mailto:tony.schmitz@gmail.com">tony.schmitz@gmail.com</a><br><br><b>Legion of Mary</b><br>Lower Hall from 6pm to 7.30pm<br>Contact: Nogie Osula <a href="mailto:nogisula@yahoo.com">nogisula@yahoo.com</a><br><br><b>African Choir</b><br>For Africans and anyone else.<br>Upper Hall from 6.00- 8.00pm<br>Contact: Patricia Malikebu 07891 714 549 |
| <b>Thu</b>      | <b>Cenacolo Prayer Group</b><br>Exposition & Rosary praying for healing of those with addictions<br>Church after Mass<br>Contact: Liam Sharkey 07774 931 996<br><br><b>Band Practice</b><br>Contemporary music for Sunday 6pm Mass<br>Upper Hall after Mass<br>Contact: <a href="mailto:john.costaschuk@gmail.com">john.costaschuk@gmail.com</a><br><br><b>Cathedral Choir Rehearsal for the 11:15 Sunday Mass</b><br>7.00pm in Ogilve Centre, contact Shelagh Noden: <a href="mailto:music@cathedral-abdn.org">music@cathedral-abdn.org</a>   |
| <b>Fri</b>      | <b>Altar Servers’ Practice</b><br>Church from 6.00 to 7.00pm<br>Contact: Simon <a href="mailto:begbie_no1@hotmail.com">begbie_no1@hotmail.com</a><br><br><b>Youth Groups</b><br>Edge (P7-S2) & Lifeteen (S3-S6)<br>Hall 7.00pm to 9.00pm<br>Contact: St. Andrew’s Community  |
| <b>Sat</b>      | <b>Voluntary Church Cleaning</b><br>Church after morning rosary.<br><b>K4J</b> (Kids for Jesus)<br>Youth group for P2’s to P7’s. Main Hall from 12.30pm to 2.00pm<br><br><b>African Choir</b> (As above)<br>Upper Hall from 6.00 - 8.00pm  |
| <b>Sun</b>      | <b>Choir Rehearsal</b><br>Leading the music for 11:15 Sunday Mass<br>Upper Hall 10.00am  |