Readings at Mass	- Eighteenth S	unday in Ordinary Time	e - Year B
Entrance Antiphon	Ps 69: 2,6	Your mind must be renewed by a	
O Code como to mu accistanco		you can put on the new self that way, in the goodness and holines	
O God, come to my assistance; O lord, make haste to help me!		way, in the goodness and nonnes	s of the truth.
You are my rescuer, my help;			
O Lord, do not delay.		Gospel Acclamation	Jn14:6
		Alleluia, alleluia!	
First reading	Exodus 16:2-4,12-15	I am the Way, the Truth and the L	Life. savs the Lord:
	····· , ·	No one can come to the Father ex	-
The whole community of the sons	of Israel began to complain		
against Moses and Aaron in the wilderness and said to them,		Gospel	John 6:24-35
'Why did we not die at the Lord's			
when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to		When the people saw that neithe	r lesus nor his disciples were
		there, they got into boats and cru	-
this wilderness to starve this whole		for Jesus. When they found him	-
Then the Lord said to Moses, '		to him, 'Rabbi, when did you com	
for you from the heavens. Each da		'I tell you most solemnly,	
and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not. 'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and		you are not looking for me becau	se you have seen the signs
		but because you had all the bread	
		Do not work for food that cannot	
in the morning you shall have brea	ad to your heart's content.	but work for food that endures to	o eternal life,
Then you will learn that I, the Lord, am your God."'		the kind of food the Son of Man i	
And so it came about: quails f	ew up in the evening, and	for on him the Father, God himse	lf, has set his seal.'

they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

Responsorial Psalm	Psalm 77(78):3-4

4,23-25,54

The Lord gave them bread from heaven.

The things we have heard and understood, the things our fathers have told us, we will tell them to the next generation: the glories of the Lord and his might. R

He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. **R**

Mere men ate the bread of angels. He sent them abundance of food; He brought them to his holy land, to the mountain which his right hand had won. **R**

Second reading

Ephesians 4:17.20-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires.

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.' Jesus answered:

'I tell you most solemnly,

it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.' 'Sir,' they said 'give us that bread always.' Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

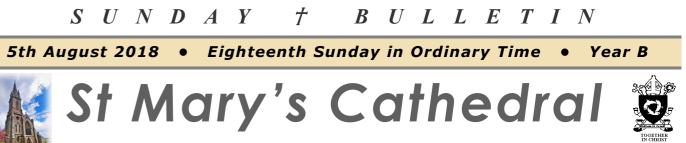
Communion Antiphon

Wis 16:20

You have given us, Lord, Bread from heaven, Endowed with all delights and sweetness in every taste.

Sunday 11.15am Mass		
Entrance Hymn	142	As the deer pants for the water
Offertory	349	I am the bread of life
Communion		Choir Ecce Panis Angelorum Behold the bread of angels
Marian Antiphon	597	Salve, Regina
Recessional	497	Now thank we all our God

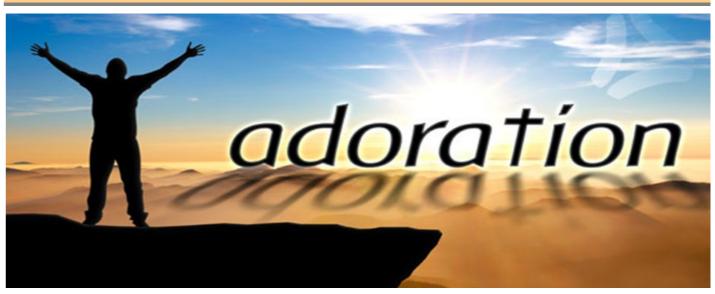
S U N D A Y





20 Huntly Street, Aberdeen AB10 1SH www.stmaryscathedralaberdeen.org





One of the most encouraging developments in after the Council, as St. John Paul II said, the universal Church in the fifty years since Eucharistic Adoration stems from the Sacrifice Vatican II has been the spread and growth of of the Mass itself, as its natural extension and Eucharistic Adoration in parishes, schools and as an "important daily exercise that becomes an inexhaustible source of holiness." communities.

This led Pope Benedict to remark that "today Just as in the Mass, Christians worship God and there is a 'Eucharistic springtime' in the Church. join themselves to Christ in His self - offering to How many people pause in silence before the the Father through the Holy Spirit, so too the Tabernacle to engage in a loving conversation worship of God in the Mass continues in silent with Jesus!" wonder, prayer and adoration in Eucharistic He continued: "It is comforting to know that Exposition.

many groups of young people have rediscovered the beauty of praying in adoration before the Most Blessed Sacrament. I pray that this Eucharistic 'springtime' may spread increasingly in every parish."

In the time before Vatican II, Eucharistic Adoration and Benediction were often regarded as devotional exercises, whilst In the period



One naturally leads to the other, the Mass to Adoration. We honour and adore the Real Presence of Jesus in the celebration of the Mass and, as Blessed Paul VI put it, we desire frequently to visit Him afterwards as "a proof of gratitude, an expression of love, a duty of adoration."





St Mary's Cathedral - Aberdeen AB10 1SH

Clergy & Religious		
Administrator:	Fr. Keith Herrera	
	01224 640 160	
	administrator@cathedral-abdn.org	
	Fr. Janusz Wilczynski SAC	
	curate1@cathedral-abdn.org	
Assistant Priest:	Fr Peter Amoah curate2@cathedral-abdn.org	
Deacon:	Deacon Tony Schmitz	
Deacon.	deacon@cathedral-abdn.org	
Holy Family	Sr Mary Chidalu	
	: 01224 970 812 or 07863 065 345	
	hfsn@rcd-abdn.org	
St Andrew	07754 891 808	
Community:	standrewscommunity@cathedral-abdn.org	
	Staff & Administration	
Office Hours:	9 am to 4 pm Monday to Friday	
Telephone:	01224 640 160	
Manager:	Robin Harding	
U	manager@cathedral-abdn.org	
Secretary:	Cowan Watson	
	secretary@cathedral-abdn.org	
Finance/Gift Aid		
	finance@cathedral-abdn.org	
Cathedral	TBC	
Safeguarding:	email: TBC	
	More information: Parish website or www.scottishcatholicsafeguarding.org.uk	
Music Director:		
Widsic Director.	music@cathedral-abdn.org	
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:	Irma Allan 07714718708	
	irmalallan@gmail.com_	
Euch. Ministers:	John MacKinnon 07926 628 941	
	johnmackinnon2602@hotmail.co.uk	
Children's	Ruth Paterson 01224 593069	
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Altar Servers:	George Brand 01224 630 159 geobra@msn.com	
Flowers:	Pixie Mather 07763064146	
11044613.	pixie 2704@sky.com	
	Notices	

Adoration:	Monday - Saturday	6.00am-12 midnight
Confessions:	Tuesdays	6.00pm
	Saturdays	10.30am & 6.00pm
Morning Prayer	: Monday - Friday	6.30am
Rosary:	Saturdays	10.30am (for Priests)
Housebound?	John MacKinnon (Se	ee above) for visits
Coeliacs:	Speak to clergy bef	ore Mass
Sunday Coffees:	Ann Ryans 07545 6	15 198
	annryans@aol.com	
Natural Family	Margaret Hammond	d
Planning (NFP)	nfp@cathedral-abd	n.org

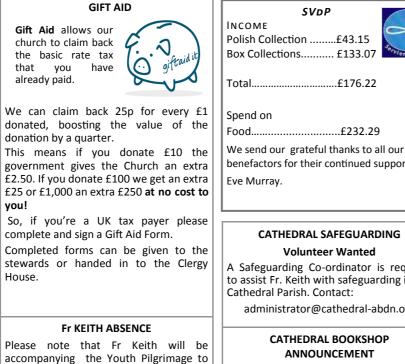
Date	Details	Service	Time	Mass Intentions
		Mass	8.00am	Mr Dean - Special Intention
		Polish Mass	9.30am	
	18th Sunday in	Solemn Mass	11.15am	Diocesan Intentions
Sun 5th	Ordinary Time	Polish Mass	3.00pm	
		Mass	6.00pm	Marianna Joseph - Thanksgiving
	Feast of the	Mass	7.00am	Augustina & Justina Unigwe RIP
Mon 6th	Transfiguration of the Lord	Mass	12:30pm	Helen Smith RIP
		Mass	7.00am	Nino Dieseru - Special Intention
Tue 7th		Mass	7:00pm	Margaret Whitley RIP
		Mass	7.00am	Mr Deenan - Special Intention
Wed 8th		Mass	12.30pm	Marine Biras RIP
	Feast of	Mass	7.00am	Edward Reid
Thu 9th	St Teresa Benedicta of the Cross	Mass	7.00pm	Birthday Thanksgiving
	F	Mass	7.00am	
Fri 10th	Feast of St Lawrence	Mass	12.30pm	Marie - Anne RIP
		Mass	10.00am	Alistair Poole
Sat 11th		Vigil Mass	7.00pm	Special Intentions of Sabahat Family
		Mass	8.00am	Canddido, Rafaela & Gabriela RIP
Sun 12h	19th Sunday in	Polish Mass	9.30am	
Sun 12n	Ordinary Time	Solemn Mass	11.15am	Diocesan Intentions
		Polish Mass	3.00pm	
		Mass	6.00pm	Augustina and Justina Unigwe RIP

Mass Intention Envelopes

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

OFFERTORY: £2,071.40

Cathedral



France from 1st August to 18th August

and will be absent from the parish.



..£176.22



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.f232.29 Cost £300. Details from the Sisters: Contact: op@rcda.scot

benefactors for their continued support.

CATHEDRAL SAFEGUARDING

A Safeguarding Co-ordinator is required to assist Fr. Keith with safeguarding in the Cathedral Parish. Contact:

administrator@cathedral-abdn.org

CATHEDRAL BOOKSHOP ANNOUNCEMENT "Sunday Missal Special Offer"

20% off Sunday Missals while stocks last.

Cathedral

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 or hand in your recipe to the parish office.

ADORATION - TIMES If you are able to commit weekly to an hour of Eucha-

ristic Adoration, the following hours all need a faithful adorer:

Monday: 11.00am/1.00pm. Tuesday:

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@catherdralabdn.org

The

The Marriage Course is a series of seven sessions, designed for couples who are seeking to strengthen their relationship and build a strong marriage. The course starts on Wednesday 28th September, and ends on 31st October.

Some couples do the course to intentionally invest in their relationship; others are looking to address more specific challenges. Either way, the course offers essential tools and practical ideas to help you build a relationship that lasts a lifetime

On the Marriage Course you are seated at your own table for two. Each course is unique, but usually every session will include food, a practical talk and time for private discussion

between you and your partner. You never share anything about your relationship with anyone other than your partner.

This course is open to all married couples.

6-11th October 2018

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: <u>http://www.abernet.org/rcre</u>

or call Mr Charlie Love on 01224 522287.

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.

Register: http://www.stmaryscathedralaberdeen.org/marriage/marriage-course/ For details contact: <u>marriage.st.mary@gmail.com</u>

Deanery & Diocese

YOUTH LOURDES PILGRIMAGE

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

01224 522 916 or 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.

