

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.

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.

Responsorial Psalm
Psalm 33(34):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
Jn14:23

Alleluia, alleluia!
If anyone loves me he will keep my word,
and my Father will love him,
and we shall come to him. 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
Ps 147: 12, 14

O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.

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. Amen.

Sunday 11.15am Mass		
Entrance Hymn	110	Alleluia, sing to Jesus (omit verse 2)
Sprinkling: Response		Water of life, cleanse and refresh us. Raise us to life in Christ Jesus.
Offertory	349	I am the bread of life
Communion	500	O bread of heaven
Marian Antiphon	597	Salve, Regina
Recessional	582	Praise to the holiest



St Mary’s Cathedral

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



Good News Weekly

Triumph Of The Cross

I am from St Mary’s on The Hill Parish in Glengormley, North Belfast. One of our three parish churches was burned to the ground in a devastating sectarian attack almost 17 years ago in June 2001.

A beautiful new church was built on the site and reopened just over two years later in October 2003. The Parish priest, Fr Dan Whyte, immediately established daily Eucharistic Adoration from 9.00am to 6.00pm. Parishioners quickly committed to specific weekly Holy Hours. In the past 10 years our parish has flourished.

We now have many new initiatives, such as Adult Faith Catechesis programs, a lively youth group, flourishing cell groups, a brand new parish pastoral centre, two young men studying for the priesthood and, in fact, the joy of one of them being ordained in the newly rebuilt church.

God’s ways are mysterious, but for me it provides great food for thought that the church in our parish, which was once the victim of a sectarian attack, has in recent years become the flagship for the spread of Eucharistic Adoration throughout our diocese; the Diocesan Adoration Apostolate, to which I belong, was formed and trained in our new parish church nearly five years ago. We have, so far, worked successfully in two thirds of our parishes, spreading Eucharistic Adoration throughout the diocese, and are now well on our way to completing this task.

Our newly rebuilt church has a 40 foot high steel cross, which stands alone outside the church.



Through effective use of lighting, this cross is dramatically reflected in the clear night sky across the entire local area, of mixed population, even stretching as far as Belfast Lough.

It is also thought provoking to note that there is a small river running behind the church, which forms the exact border between Down and Connor and means that St Bernard’s Church is geographically located right in the centre of the diocese, the best possible position for our Apostolate in travelling to all parishes.

This, for me, is another wonderful example of the triumph of the cross and of how God enacts his marvellous plans, out of an apparent disaster, and from the charred ruins of our beloved parish church.


“In all your ways acknowledge Him, lean not on your own understanding”






Clergy & Religious		
Administrator:	Fr. Keith Herrera 01224 640 160 administrator@cathedral-abdn.org	
Assistant Priest:	Fr. Janusz Wilczynski SAC (Polish Chaplain) curate1@cathedral-abdn.org	
Assistant Priest:	Fr Peter Amoah curate2@cathedral-abdn.org	
Deacon:	Deacon Tony Schmitz deacon@cathedral-abdn.org	
Holy Family	Sr Mary Chidalu	
Sisters of Needy:	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 manager@cathedral-abdn.org	
Secretary:	Cowan Watson secretary@cathedral-abdn.org	
Finance/Gift Aid:	John Costello finance@cathedral-abdn.org	
Cathedral Safeguarding:	TBC email: TBC More information: Parish website or www.scottishcatholicsafeguarding.org.uk	
Music Director:	Shelagh Noden 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 Catechesis:	Ruth Paterson 01224 593069 ruthpaterson@hotmail.com	
Stewards:	Diego Mejias Morffe 07960 325 046 dmejiasmorffe@gmail.com	
Altar Servers:	George Brand 01224 630 159 geobra@msn.com	
Flowers:	Pixie Mather 07763064146 pixie2704@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 (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 12th	19th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Canddido,Rafaela & Gabriela RIP Diocesan Intentions Augustina and Justina Unigwe RIP
Mon 13th		Mass Mass	7.00am 12:30pm	Nezehat Yurrtas RIP Rebecca Cox
Tue 14th	Saint Maximillian Kolbe, Priest, Martyr	Mass Vigil Mass	7.00am 7:00pm	Mrs Vera Ferrao RIP
Wed 15th	Solemnity of the Assumption of the Blessed Virgin Mary	Mass Mass Mass	7.00am 12.30pm 7.00pm	Sam &Ella Odjoji- God's Guidance Dominador Garote RIP
Thu 16th		Mass Mass	7.00am 7.00pm	Susie Burns
Fri 17th		Mass Mass	7.00am 12.30pm	Sam &Ella Odjoji- God's Guidance
Sat 18th		Mass Vigil Mass	10.00am 7.00pm	Alistair Poole Special Intentions of Sabahat Family
Sun 19th	20th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Polish Mass Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Successful Ceremony for Sucie Parish Intentions Marina Marioni
Mass Intention Envelopes				
These are available 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.		

OFFERTORY: £2,461.59

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.	SVdP INCOME Polish Collection£37.02 Box Collections..... £147.09 Total.....£184.11 Spend on Food.....£247.39 Clothing for Poor£45.50 Total£292.89 Many thanks to all our benefactors for their generosity. Eve Murray.
Fr KEITH 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.	HOLY DAY OF OBLIGATION THE ASSUMPTION OF THE BLESSED VIRGIN MARY Kindly note that 7.00pm Mass for the Solemnity of the Assumption on Wednesday 15th August will be preceded by sung Evening Prayer at 6.30 pm.
NOW AVAILABLE A Scattering of Seeds, A little collection of short sermons by Canon Bill Anderson, has now been published, costing £7 . Available from the Cathedral Shop or Office.	CATHEDRAL BOOKSHOP ANNOUNCEMENT “Sunday Missal Special Offer” 20% off Sunday Missals while stocks last. Also, now available 2018 issue of the Scots College Magazine

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.	ADORATION - TIMES If you are able to commit weekly to Eucharistic Adoration, the followin need a faithful adoror: <u>Monday:</u> 11.00am/1.00pm. <u>Tuesday:</u> 8.00am/10.00am/3.00pm/4.00pm/11.00pm <u>Wednesday:</u> 9.00am/3.00pm <u>Thursday:</u> 8.00am/9.00am/12.00pm/1.00pm/5.00pm <u>Friday:</u> 11.00am/1.00pm/2.00pm/3.00pm/5.00pm <u>Saturday:</u> 2.00pm/8.00pm/9.00pm To register email: adoration@catherdral-abdn.org Note: If you have a changing work schedule sign-up online each week on: https://stmarysadoration.youcanbook.me 
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.	
THE JOURNEY- A REFUGEE PHOTOGRAPHIC EXHIBITION Learn about the real human stories behind the suffering of the Rohingya people at this photographic exhibition, supported by Justice and Peace Scotland and SCIAF, which will be hosted at the cathedral from 15th to 31st of August. 	

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 19th 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.
Register: <http://www.stmaryscathedralaberdeen.org/marriage/marriage-course/>
For details contact: marriagecourse.st.mary@gmail.com



Deanery & Diocese	
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	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. If you normally travel to Mass by car please note that you will have to leave your car outwith the city-centre exclusion zone and continue to the Cathedral on foot. A map of the run has been posted on the Cathedral website.
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.	PROJECT TRUTH - SPUC SCOTLAND Project Truth is an award winning youth outreach project run by SPUC Scotland. They travel round the towns and cities of Scotland, bringing the pro-life message to the streets. To support their work go to: “Go Fund Me Project Truth”.
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.	
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	
Mon	Mother & Toddler Group For parents with young children. All ages welcome. Main Hall from 13.30-15.30pm Contact: Yi-pei Chou 0745 5479 479 Credo Community Meeting Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Damian Gloc 07939418178
Tue	Magnificat Prayer Group 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 nnesin@yahoo.com St. Vincent de Paul Feeding the homeless Contact: Evelyn Murray murray.evelyn@sky.com Maintenance to Mission Discussing parish transformation 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 2.00 pm every 2 weeks Contact: Jean 01569 765 799 Healing of Memories Prayer for the healing of painful memories of the past to bring peace to the present. Contact Deacon: tony.schmitz@gmail.com 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 6.00- 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@gmail.com Cathedral Choir Rehearsal for the 11:15 Sunday Mass 7.00pm in Ogilve Centre, contact Shelagh Noden: music@cathedral-abdn.org
Fri	Altar Servers’ Practice Church from 6.00 to 7.00pm Contact: Simon begbie_no1@hotmail.com Youth Groups Edge (P7-S2) & Lifeteen (S3-S6) Hall 7.00pm to 9.00pm Contact: St. Andrew’s Community
Sat	Voluntary Church Cleaning Church after morning rosary. K4J (Kids for Jesus) Youth group for P2’s to P7’s. Main Hall from 12.30pm to 2.00pm African Choir (As above) Upper Hall from 6.00 - 8.00pm
Sun	Choir Rehearsal Leading the music for 11:15 Sunday Mass Upper Hall 10.00am