

Entrance Antiphon Cf. Ps 85:1-3

Turn your ear, O Lord, and answer me;
Save the servant who trusts in you, my God.
Have mercy on me, O Lord,
For I cry to you all the day long.

First reading Joshua 24:1-2,15-18

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people, 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.'

The people answered, 'We have no intention of deserting the Lord and serving other gods! Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed? What is more, the Lord drove all those peoples out before us, as well as the Amorites who used to live in this country. We too will serve the Lord, for he is our God.'

Responsorial Psalm Psalm 33(34):2-3,16-23

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**

The Lord turns his face against the wicked
to destroy their remembrance from the earth.
The Lord turns his eyes to the just
and his ears to their appeal. **R**

They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
those whose spirit is crushed he will save. **R**

Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken. **R**

Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned. **R**

Second reading Ephesians 5:21-32

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife; and as the Church submits to Christ, so should wives to their husbands, in everything. Husbands should love their wives just as Christ loved the Church and sacrificed

himself for her to make her holy. He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body – and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

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 6:60-69

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life,
the flesh has nothing to offer.
The words I have spoken to you are spirit
and they are life.'

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

Communion Antiphon Cf. Ps 103:13-15

The earth is replete with the fruits of your work, O Lord;
You bring forth bread from the earth
and wine to cheer the heart.

Prayer after Communion

Complete within us, O Lord, we pray, the healing work of your mercy and graciously perfect and sustain us, so that in all things we may please you. Through Christ our Lord.

| Sunday 11.15am Mass | | |
|---------------------|-------|--------------------------------|
| Entrance Hymn | 229 | Crown him with many crowns |
| Offertory | 606 | See us, Lord, about your altar |
| Communion | choir | Gift of finest wheat |
| Marian Antiphon | 597 | Salve, Regina |
| Recessional | 168 | Be thou my vision |



St Mary's Cathedral

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



Good News Weekly

HUMILITY, OPENESS AND A STRIVING TO DO BETTER

My family and friends' reactions to my conversion three years ago have ranged from disgust to pity, to a mysterious type of curiosity: "So, do you hate gay people now?" "Are you going to have lots of children then?" And of course: "Has your priest ever abused anyone?" Really?

As it happened, I didn't have a big moment where I was "called" to the Church, there was no white dove fluttering down on my shoulders, whispering the word of the Lord in my ear. I was as much a Protestant hater as the next person. And my decision to go into the RCIA course (after which you decide to either walk away or receive Holy Communion and join) was initially a fact-finding mission because I knew that my husband wanted our children to go to a Catholic school.

I expected to find a cliquey, self-absorbed group of elderly nuns and priests handing out rules I was supposed to live by. I expected to be met with blind denial of the child abuse scandal that was raging at the time, and I definitely expected no discussion of the Catholic "absolutes" regarding homosexuality, contraception and celibacy for men in the cloth.

But what I found was humility and an honest willingness to debate how the Church and its doctrines fit into the modern world. Rather than preaching blind acceptance, we were invited to examine the historical and philosophical reasoning behind the traditions, and it all made so much more sense.

Catholics have been accused of a sense of dogmatic holiness that puts everyone who is not in



the fold to shame. What I found was a group of people who know that they constantly fail at reaching the high standards they set for themselves, but who try their best.

Yes, this clashes blatantly with recent developments in the Church. But the Catholic Church is much more than this, and it is in my opinion widely and deliberately misunderstood. We all need an enemy, and the Church lends itself so easily to that role.

I think it's a testament to the humility of the Catholic community that it hasn't mobilised in a violent defence of itself. Instead it has bowed its head in recognition of its sins and is constantly reflecting on how it can do better.

TS Eliot once wrote: "For us, there is only the trying. The rest is not our business." If any religion can make us do that, I think we are doing OK.

<http://www.catholicherald.co.uk>



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
Fr Emmet O'Dowd
curate2@cathedral-abdn.org

Deacon: Deacon Tony Schmitz
deacon@cathedral-abdn.org

Holy Family Sisters of Needy: Sr Mary Chidalu
01224 970 812 or 07863 065 345
hfsn@rcd-abdn.org

St Andrew Community: 07754 891 808
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: 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
irmalalan@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? Coeliacs: John MacKinnon (See above) for visits
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 26th | 21st Sunday in Ordinary Time | Mass Polish Mass | 8.00am 9.30am | Benefactors of the Suppl Aid Society |
| | | Polish Mass Mass | 11.15am 3.00pm 6.00pm | Parish Intentions |
| Mon 27th | | Mass Mass | 7.00am 12:30pm | Jacqueline Clear RIP Prayer for Health, Education & Work |
| Tue 28th | | Mass Mass | 7.00am 7:00pm | Lolita Schulze RIP |
| Wed 29th | | Mass Mass | 7.00am 12.30pm | Successful Marriage Emanulla Odjodi - Safe Journey |
| Thu 30th | | Mass Mass | 7.00am 7.00pm | Birthday of Manoj Irma Allan - Thanksgiving |
| Fri 31st | | Mass Mass | 7.00am 12.30pm | Thanksgiving - Dani Benny |
| Sat 1st | | Mass Vigil Mass | 10.00am 7.00pm | Alistair Poole Benefactors of the Suppl Aid Society |
| Sun 2nd | 22nd Sunday in Ordinary Time | Mass Polish Mass | 8.00am 9.30am | Parish Intentions |
| | | Solemn Mass Polish Mass Mass | 11.15am 3.00pm 6.00pm | |

Mass Intention Envelopes
Notice: If you had a Mass intention for August, please contact the Cathedral office.

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: £2,223.44

Cathedral

CONFIRMATION CLASS
If you would like your child to attend this class, which will prepare them to receive the Sacrament of Confirmation in the forthcoming session, then please complete the registration form on our website.
Class begins on Friday 28th September with a mandatory parents' meeting at 5.30pm in the Cathedral Lower Hall. The Confirmation class will start after this meeting at 6.00pm. The class will finish at 7.00pm and will be followed by Youth Group from 7.00pm until 9.00pm. Attendance at both the class, the Youth Group and Sunday Mass is obligatory.

SVdP
INCOME
Polish Collection£42.50
Box Collections..... £280.48
Total.....£322.98
Total Spend on Food.....£591.70
Many thanks to all who donate to our work. Your kindness is really appreciated.
Eve Murray

WELCOME
We offer a warm welcome to our new Curate, Fr Emmet O'Dowd who will be serving at the Cathedral for the foreseeable future. Do introduce yourself to Fr Emmet.



THE JOURNEY - A REFUGEE PHOTOGRAPHIC EXHIBITION
Learn about the real human stories behind the suffering of the Rohingya people at the photographic exhibition currently being exhibited at the back of the church which is supported by Justice and Peace Scotland and SCIAF.

CATHEDRAL BOOKSHOP
"Sunday Missal Special Offer"
20% off Sunday Missals while stocks last.
Also, now available:
2018 issue of the Scots College Magazine and
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.

Cathedral

FIRST AID
It would be reassuring to have a 'First Aider' present at each Mass. If you have appropriate medical training, please let us know which Mass you attend and send your contact details to: secretary@cathedral-abdn.org so we can compile a register.



On Saturday 8 September from 11am to 1pm a first aid course conducted by the British Red Cross will be held in the Main Hall. The course is open to all parishioners, but if you lead a group or ministry, we would encourage you to attend. There is no charge for the course and those who complete it will receive a 'First Aid Learning' certificate.

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



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.**
You can register online at:
<http://www.stmaryscathedralaberdeen.org/marriage/marriage-course/>
For more details contact: marriagecourse.st.mary@gmail.com



Deanery & Diocese

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.

BISHOP'S CONFERENCE OF SCOTLAND NATIONAL PILGRIMAGE 2018
In honour of St John Ogilvie
3.00 pm on SUNDAY 2ND SEPTEMBER 2018
Principal Celebrant Archbishop Philip Tartaglia
Homilist Bishop Stephen Robson

CAR BOOT SALE
Saturday 8th September 10.00am-12.30pm
St Joseph's Car Park, Tanfield Walk, Woodside, AB24 4AQ.
£10 a pitch, £12 if table needed.
Tel 07577771173 to book a space Details Hilary Young

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.**

MASS OF ORDINATION TO THE DIACONATE
Rt Rev Hugh Gilbert OSB Bishop of Aberdeen cordially invites Clergy, Religious and Parishioners to The Mass of Ordination to the Diaconate of Domenic Nwaigwe to take place at St Mary's, Inverness on **Friday 14th September 2018 at 6pm**
Please be seated by 5.30pm
RSVP St Mary's House, 14 Chanonry, Aberdeen AB24 1RP
joyce@rcd-abdn.org

ADORATION - TIMES
If you are able to commit weekly to an hour of Eucharistic Adoration, the following hours all need a faithful adorator:
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
Note: If you have a changing work schedule sign-up online each week on:
<https://stmarysadoration.youcanbook.me>



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

BETHANY CHRISTIAN TRUST CELEBRATIONS
35 years of ending homelessness.
A night of reflection, celebration vision.
Tuesday 11th September at 7.30pm
Crown Terrace Methodist Church,
8 Crown Terrace, Aberdeen AB11 6HE
Free tickets from Evenbrite or call 0131 561 8927

KINNOULL WEEKEND
Renewal Weekend by Fr Chris Thomas
Friday 19th to Sunday 21st October 2018
St. Mary's, KINNOULL, Perth
Fr Chris is a well-known author and speaker. This residential weekend starts with supper on Friday at 7pm and ends with lunch on Sunday. Telephone enquiries or bookings to Margaret on 01542 882116

ENCOUNTER CHRIST RETREATS FOR YOUNG SINGLE WOMEN
The Dominican Sisters invite Catholic women between the ages of 18 and 35 to a peaceful and refreshing weekend away with Christ. The retreat is held on the **weekends of 2-4 November and 22-24 March at Greyfriars Convent in Elgin.** To sign up for one of these, please contact Sr. Mary Gianna, OP at op@rcda.scot. There is a £30 suggested donation.

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 Ogilvie 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 |