

Entrance Antiphon

I am the salvation of the people,
Says the Lord.
Should they cry to me in any distress,
I will hear them, and I will be
Their Lord for ever.

First reading

Wisdom 2:12,17-20

The godless say to themselves:
'Let us lie in wait for the virtuous man, since he annoys us
and opposes our way of life,
reproaches us for our breaches of the law
and accuses us of playing false to our upbringing.
'Let us see if what he says is true,
let us observe what kind of end he himself will have.
If the virtuous man is God's son, God will take his part
and rescue him from the clutches of his enemies.
Let us test him with cruelty and with torture,
and thus explore this gentleness of his
and put his endurance to the proof.
Let us condemn him to a shameful death
since he will be looked after – we have his word for it.'

Responsorial Psalm

Psalm 53(54):3-6,8

The Lord upholds my life.

O God, save me by your name;
by your power, uphold my cause.
O God, hear my prayer;
listen to the words of my mouth. **R**

For proud men have risen against me,
ruthless men seek my life.
They have no regard for God. **R**

But I have God for my help.
The Lord upholds my life.
I will sacrifice to you with willing heart
and praise your name for it is good. **R**

Second reading

James 3:16-4:3

Wherever you find jealousy and ambition, you find disharmony, and wicked things of every kind being done; whereas the wisdom that comes down from above is essentially something pure; it also makes for peace, and is kindly and considerate; it is full of compassion and shows itself by doing good; nor is there any trace of partiality or hypocrisy in it. Peacemakers, when they work for peace, sow the seeds which will bear fruit in holiness.

Where do these wars and battles between yourselves first start? Isn't it precisely in the desires fighting inside your own selves? You want something and you haven't got it; so you are prepared to kill. You have an ambition that you cannot satisfy;

so you fight to get your way by force. Why you don't have what you want is because you don't pray for it; when you do pray and don't get it, it is because you have not prayed properly, you have prayed for something to indulge your own desires.

Gospel Acclamation

Jn8:12

Alleluia, alleluia!
I am the light of the world, says the Lord;
anyone who follows me will have the light of life.
Alleluia!

Gospel

Mark 9:30-37

Jesus and his disciples made their way through Galilee; and he did not want anyone to know, because he was instructing his disciples; he was telling them, 'The Son of Man will be delivered into the hands of men; they will put him to death; and three days after he has been put to death he will rise again.' But they did not understand what he said and were afraid to ask him.

They came to Capernaum, and when he was in the house he asked them, 'What were you arguing about on the road?' They said nothing because they had been arguing which of them was the greatest. So he sat down, called the Twelve to him and said, 'If anyone wants to be first, he must make himself last of all and servant of all.' He then took a little child, set him in front of them, put his arms round him, and said to them, 'Anyone who welcomes one of these little children in my name, welcomes me; and anyone who welcomes me welcomes not me but the one who sent me.'

Communion Antiphon

You have laid down your precepts
To be carefully kept;
May my ways be firm in keeping your statutes.

Prayer after Communion

Graciously raise me up, O Lord,
those you renew with this Sacrament,
that we may come to possess your redemption
both in mystery and in the manner of our life.
Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	290	God is love
Offertory	Choir	Only this I want
Communion	500	O bread of heaven
Marian Antiphon	597	Salve, Regina
Recessional	168	Be thou my vision



St Mary's Cathedral

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



explore Alpha @ the Cathedral

TIME TO STOP RUNNING ...



Before ALPHA, I didn't really know what I believed or didn't believe, but since ALPHA I know for sure that I want to become Catholic, to have God in my heart and life fully.

We had a weekend away with Alpha where we learnt so much about God and the Holy Spirit; or as I like to say 'it was a weekend away to find the Holy Spirit.' On the second night people prayed for each other and for the Holy Spirit to enter our lives. I tried so hard not to be prayed for because I was scared, I even left the room thinking when I returned that the praying would be finished, but I was wrong!

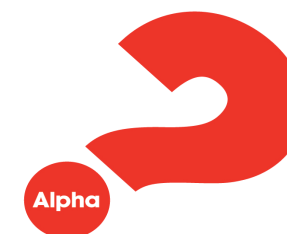
I did eventually let Catherine pray for me. It took a while for me to realise what had happened to me that weekend. The following week of Alpha 'How Can I resist Evil?', it all came together and this is my understanding of what happened to me on the weekend away:

Jesus sent the Holy Spirit to me, so that I may experience love and peace, that I may know what having Jesus in my life and heart can feel like. I guess it was like a taster so to speak, about what my life can be like. Now, all I need to do is stop running away and ignoring the prayers of others and join them. I need to give myself over to God fully and whole heartedly, with all my mind, body and spirit. I now know that I need to forgive those whom I have hated for so long in my life and most of all I need to forgive myself. The more I learn, the more I will come to know God and what he wants for me and my life.

Only when I stop running away from God, from my past, from myself will I fully experience the peace, love and wonderful feelings I experience on that Saturday night in June at the Alpha weekend away.

Chelle

St Mary's Cathedral



Mass Times

Date	Details	Service	Time	Mass Intentions
Sun 23rd	25th Sunday in Ordinary Time	Mass Polish Mass	8.00am 9.30am	Juliana Opara RIP
		Polish Mass Mass	11.15am 3.00pm 6.00pm	Intentions of the Parish Mrs Irene Clarkson
Mon 24th		Mass Mass	7.00am 12:30pm	Roger Williams RIP
Tue 25th		Mass Mass	7.00am 7:00pm	Jar - Employment Philip Varghese RIP
Wed 26th		Mass Mass	7.00am 12.30pm	Thanksgiving Phil & Helga - Marriage Blessing
Thu 27th	Memorial of St Vincent De Paul	Mass Mass	7.00am 7.00pm	Benefactors of the Supp. Aid Soc.
Fri 28th		Mass Mass	7.00am 12.30pm	Callistus Muoneke Family - Thanksgiving
Sat 29th	Feast of ss Michael, Gabriel & Raphael	Mass Vigil Mass	10.00am 7.00pm	Alistair Poole Callistus Muoneke Family - Thanksgiving
Sun 30th	26th Sunday in Ordinary Time	Mass Polish Mass	8.00am 9.30am	Juliana Opara RIP
		Solemn Mass Polish Mass Mass	11.15am 3.00pm 6.00pm	Parish Intentions Recovery of Paulus

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:

Cathedral

MISSION APPEAL
22ND & 23RD SEPTEMBER

This weekend Fr Kyrán Murphy will be visiting the parish to invite the parish to missionary awareness and support. There will be a second collection this weekend.

THANKSGIVING MASS & TEA

We are planning to celebrate a Thanksgiving Mass for all who supported the France Youth Pilgrimage in August. A date and time for this Mass will be announced shortly.

HOUSEBOUND

Do you know anyone who is housebound and who would like to receive Holy Communion at home? If so, please contact Deacon Tony: deacon@cathedral-abdn.org or 'phone him on 01224 640160.

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.

SVDP

INCOME

Polish Collection£36.00

Box Collections..... £213.98

Total.....£211.52

Total Spend on Food....£159.07

Many thanks to all who donate to our work. Your kindness is really appreciated.

Eve Murray

GOSPEL CHOIR

We are hoping to form a Gospel Choir. Experience not necessary, just enthusiasm! If you are interested you can get in touch at: music@cathedral-abdn.org

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.

Weekly Calendar	
M o n	<p>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</p> <p>Credo Community Meeting Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Damian Gloc 07939418178</p>
T u e	<p>Magnificat Prayer Group 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 nnesin@yahoo.com</p> <p>St. Vincent de Paul Feeding the homeless Contact: Evelyn Murray murray.evelyn@sky.com</p> <p>Maintenance to Mission Discussing parish transformation Cathedral House at 7.30pm Contact: Fr Keith</p> <p>Aberdeen Diocesan Choir Upper Hall 7.30 - 9.00 pm, contact: Paula Silvester: enquiriesADC@hotmail.com</p>
W e d	<p>Light Exercise Class for all Main Hall at 10:00am Contact: Laura Walker 0777 3 021 851 laura@laurawalkerlimited.co.uk</p> <p>Seniors Club Speakers, fun & fellowship Main Hall at 2.00 pm every 2 weeks Contact: Jean 01569 765 799</p> <p>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</p> <p>Legion of Mary Lower Hall from 6pm to 7.30pm Contact: Nogie Osula nogisula@yahoo.com</p> <p>African Choir For Africans and anyone else. Upper Hall from 6.00- 8.00pm Contact: Patricia Malikebu 07891 714 549</p>
T h u	<p>Cenacolo Prayer Group Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996</p> <p>Band Practice Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: john.costaschuk@gmail.com</p> <p>Cathedral Choir Rehearsal for the 11:15 Sunday Mass 7.00pm in Ogilvie Centre, contact Shelagh Noden: music@cathedral-abdn.org</p>
F r i	<p>Altar Servers' Practice Church from 6.00 to 7.00pm Contact: Simon begbie_no1@hotmail.com</p> <p>Youth Groups Edge (P7-S2) & Lifeteen (S3-S6) Hall 7.00pm to 9.00pm Contact: St. Andrew's Community</p>
S a t	<p>Voluntary Church Cleaning Church after morning rosary.</p> <p>K4J (Kids for Jesus) Youth group for P2's to P7's. Main Hall from 12.30pm to 2.00pm</p> <p>African Choir (As above) Upper Hall from 6.00 - 8.00pm</p>
S u n	<p>Choir Rehearsal Leading the music for 11:15 Sunday Mass Upper Hall 10.00am</p>