

Entrance Antiphon

Ps 105:47

Save us, O Lord our God!  
And gather us from the nations,  
To give thanks to your holy name,  
And make it our glory to praise you.

First reading

Jeremiah 1:4-5,17-19

In the days of Josiah, the word of the Lord was addressed to me, saying:

‘Before I formed you in the womb I knew you;  
before you came to birth I consecrated you;  
I have appointed you as prophet to the nations.  
‘So now brace yourself for action.  
Stand up and tell them  
all I command you.  
Do not be dismayed at their presence,  
or in their presence I will make you dismayed.  
‘I, for my part, today will make you  
into a fortified city,  
a pillar of iron,  
and a wall of bronze  
to confront all this land:  
the kings of Judah, its princes,  
its priests and the country people.  
They will fight against you  
but shall not overcome you,  
for I am with you to deliver you –  
it is the Lord who speaks.’

Responsorial Psalm

Psalm 70(71):1-6,15,17

*My lips will tell of your help.*

In you, O Lord, I take refuge;  
let me never be put to shame.  
In your justice rescue me, free me:  
pay heed to me and save me. **R**

Be a rock where I can take refuge,  
a mighty stronghold to save me;  
for you are my rock, my stronghold.  
Free me from the hand of the wicked. **R**

It is you, O Lord, who are my hope,  
my trust, O Lord, since my youth.  
On you I have leaned from my birth,  
from my mother’s womb you have been my help. **R**

My lips will tell of your justice  
and day by day of your help.  
O God, you have taught me from my youth  
and I proclaim your wonders still. **R**

Second reading

1 Corinthians 12:31-13:13

Be ambitious for the higher gifts. And I am going to show you a way that is better than any of them.

If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever.

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people’s sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes.

Love does not come to an end. But if there are gifts of prophecy, the time will come when they must fail; or the gift of languages, it will not continue for ever; and knowledge – for this, too, the time will come when it must fail. For our knowledge is imperfect and our prophesying is imperfect; but once perfection comes, all imperfect things will disappear. When I was a child, I used to talk like a child, and think like a child, and argue like a child, but now I am a man, all childish ways are put behind me. Now we are seeing a dim reflection in a mirror; but then we shall be seeing face to face. The knowledge that I have now is imperfect; but then I shall know as fully as I am known.

In short, there are three things that last: faith, hope and love; and the greatest of these is love.

Gospel Acclamation

Jn14:6

Alleluia, alleluia!  
I am the Way, the Truth and the Life, says the Lord;  
No one can come to the Father except through me.  
Alleluia!

Gospel

Luke 4:21-30

Jesus began to speak in the synagogue: ‘This text is being fulfilled today even as you listen.’ And he won the approval of all, and they were astonished by the gracious words that came from his lips. They said, ‘This is Joseph’s son, surely?’

But he replied, ‘No doubt you will quote me the saying, “Physician, heal yourself” and tell me, “We have heard all that happened in Capernaum, do the same here in your own countryside.”’

And he went on, ‘I tell you solemnly, no prophet is ever accepted in his own country.

‘There were many widows in Israel, I can assure you, in Elijah’s day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a Sidonian town. And in the prophet Elisha’s time there were many lepers in Israel, but none of these was cured, except the Syrian, Naaman.’

When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.

Communion Antiphon

Let your face shine on your servant,  
Save me in your merciful love.  
O lord, let me never be put to shame,  
For I call on you.

Sunday 11.15am Mass		
Entrance Hymn	290	God is love
Offertory	142	As the deer
Communion	choir and children	Gift of finest wheat ()
Marian Antiphon	150	Ave, Regina caelorum
Recessional	194	Christ be beside me



# St Mary's Cathedral

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



## Angel's Alpha Story

Before Alpha, I think I was just an OK Catholic Church goer. I went to Mass every Sunday, I prayed when I remembered but not regularly. Sometimes I had these doubts that just entered my mind about my Catholic faith. With all the things you see, read, and watch in social media you just question some things. involved at my church with any extra-curricular activities. Alpha was the first activity that I joined. I was asked why I joined Alpha and my answer was, "I don't know". I just heard an announcement after Mass about Alpha and I just signed up. Nobody told me to sign up and nobody asked me to sign up, it was just me. I guess it was time.

You know that thing they always say, "In God's time". Well, this was it ! It was time to go home. I've always thought I am the elder son in the parable of the prodigal son who has always been with God but not really; jealous and envious of other Catholics who I think have a better relationship with God. I am also actually the younger son, the prodigal son who just needs to come home. I guess I'm both.

It was the second session of Alpha when Nicky was talking about the bible. I don't read the bible other

than the readings for the Sunday Mass. I downloaded the app, *Bible in One Year* as recommended by Nicky and I read it a couple of times but got behind for several days.

The weekend of the retreat I think was the turning point of my Alpha course. There was the battle of the devil and the Holy Spirit. To sign up or not, to go or not to go, to stay or not to stay, to just go home and just forget all about the retreat. I am so glad I attended as I experienced the Holy Spirit like never before. I couldn't even explain it. No words can even describe it. "It was awesome" is an understatement. My heart was just filled with emotions. I went home after the retreat wanting more. I felt homesick when I got home.

I have been reading the bible everyday through the app. It's really, really good. I would recommend it to everyone. I have been praying more, I have even said a Hail Mary while washing my hands. I have learned to appreciate the Holy Mass even more. It's strange because Nicky never talked about the Mass in any of the sessions but Alpha made me appreciate the Mass even more. For me the Holy Mass is the complete package. I get to listen to the word of God and experience the consecration. It is the best form of prayer and communication with God. I love going to Mass. Somebody must be praying for me for I would not have survived Alpha without being prayed for. Our group facilitator must be praying so hard for me.

I have a friend now named Jesus. I know I have grown to know Him more. He is a friend I can talk to anytime; a friend I can share anything with. You know when you answer a security question for a password reset and one of the choices is "Who was your best friend in school?" I usually skip or change that question because I really can't think of a best friend. I have friends but not a best friend. And now I know why. Next time I'm asked the security question, "Who was your best friend?" I have an answer... JESUS!





Clergy & Religious	
<b>Administrator:</b>	Fr. Keith Herrera 01224 640 160 (Emails through PA: <a href="mailto:administrator@cathedral-abdn.org">administrator@cathedral-abdn.org</a> )
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<b>Deacon:</b>	Deacon Tony Schmitz <a href="mailto:deacon@cathedral-abdn.org">deacon@cathedral-abdn.org</a>
<b>Holy Family Sisters of Needy:</b>	Sr Mary Chidalu 01224 970 812 or 07741 54 00 39 <a href="mailto:hfsn@rcd-abdn.org">hfsn@rcd-abdn.org</a>
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<b>Music Director:</b>	Shelagh Noden <a href="mailto:music@cathedral-abdn.org">music@cathedral-abdn.org</a>
<b>Shop Manager:</b>	Barbara Mearns <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> Notices to be in by Tuesday evening
<b>Hall Bookings:</b>	<a href="mailto:halls@cathedral-abdn.org">halls@cathedral-abdn.org</a> Call between 9am & 1pm only Terms & Conditions see Parish website
Liturgical Ministries	
<b>Head Sacristan:</b>	Jacqueline Armstrong <a href="mailto:jacquelinearmstr@hotmail.com">jacquelinearmstr@hotmail.com</a>
<b>Readers:</b>	Kevin O’Carroll 07784317898 <a href="mailto:kevin.ocarroll@live.com">kevin.ocarroll@live.com</a>
<b>Euch. Ministers:</b>	John MacKinnon 07926 628 941 <a href="mailto:johnmackinnon2602@hotmail.co.uk">johnmackinnon2602@hotmail.co.uk</a>
<b>Children’s Catechesis:</b>	Ruth Paterson 01224 593069 <a href="mailto:ruthpaterson@hotmail.com">ruthpaterson@hotmail.com</a>
<b>Stewards:</b>	Diego Mejias Morffe 07960 325 046 <a href="mailto:dmejiasmorffe@gmail.com">dmejiasmorffe@gmail.com</a>
<b>Altar Servers:</b>	George Brand 01224 630 159 <a href="mailto:geobra@msn.com">geobra@msn.com</a>
<b>Flowers:</b>	Yi-pei Chou Turvey: <a href="mailto:yipeichou@hotmail.com">yipeichou@hotmail.com</a> & 07455 479479
Notices	
<b>Adoration:</b>	Monday - Saturday 6.00am - 12 midnight
<b>Confessions:</b>	Tuesdays 5.30- 6.00pm & 6.30-7pm Saturdays 10.30am & 6.00pm
<b>Rosary:</b>	Saturdays 10.30am (for Priests)
<b>Housebound?</b>	John MacKinnon (See above) for visits
<b>Coeliac:</b>	Speak to clergy before Mass
<b>Sunday Coffees:</b>	Ann Ryans 07545 615 198 <a href="mailto:awilliamryans1234@gmail.com">awilliamryans1234@gmail.com</a>
<b>Natural Family Planning (NFP)</b>	Margaret Hammond <a href="mailto:mgthammond13@yahoo.co.uk">mgthammond13@yahoo.co.uk</a>

Mass Times				
Date	Details	Service	Time	Mass Intentions
Sun 3rd	4th Sunday in Ordinary Time	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Parish Intentions Diocesan Intentions  Special Intention - D'Dieseru Family
Mon 4th		Mass Mass	7.00am 12.30pm	Private Intention Brian Midgley RIP
Tue 5th		Mass Mass	7:00am 6.00pm	Thanksgiving to St Jude Thanksgiving Joel Manoj
Wed 6th		Mass Mass	7.00am 12.30pm	Anniversary Julian Rodrigues RIP Private Intention
Thu 7th		Mass Mass	7.00am 6.00pm	Thanksgiving Reny Manoj Prayers for Krist Mirjam
Fri 8th		Mass Mass	7.00am 12.30pm	Death of friend's mother
Sat 9th		Mass Mass	10.00am 7.00pm	Thanksgiving J.R Rodrigues Alexander RIP (13 Years)
Sun 10th	5th Sunday in Ordinary Time	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Marlene Mitchell RIP Diocesan Intentions  Parish Intentions
OFFERTORY & GIVING THANK YOU				
Thanks again for those who have responded to the giving challenge made in October/November. Whilst there has been a marked increase in the value of giving unfortunately there is still a negative gap between income received and actual running costs. Recently a Scottish Bishop suggested that “if parishioners attending Mass would put an additional £1 each per person per week it would significantly help”. Would you please give consideration to increasing your Offertory donations by £1 per week or whatever you may be able to afford. Thank you.				
MASS INTENTION ENVELOPES				
Available at the back of the Church. Print details and post through Clergy House letter box. Sunday 11:15 Mass is normally reserved for the Administrator’s or Bishop’s Intentions for the Parish or Diocese. It may not always be possible for Mass to be celebrated on your preferred date or at the Cathedral itself.				
Cathedral				
<b>GIFT AID ENQUIRIES</b> For all enquiries concerning Gift Aid, please contact Peter Simpson at: <a href="mailto:giftaid@cathedral-abdn.org">giftaid@cathedral-abdn.org</a>		<b>SVdeP</b>  <b>INCOME</b> Polish Collection.....£15.56 Box Collection.....£139.16 <b>TOTAL</b> .....£154.72  <b>EXPENSES</b> Food .....£176.38 Food bags.....£33.96 Total.....£247.40 Many thanks to all who contribute to our work. Eve Murray		
<b>CATHEDRAL 200 CLUB</b> Help maintain our cathedral building by subscribing £5 a month to the 200 Club. Each month there are 4 prizes of £50. <b>January £50 prize winners:</b> Mr G Brand, Mrs S Emeye, Mrs A Daniel, Mr J Dowds  Club Organiser: Irvine Long <a href="mailto:stmaryscathedralfinance@gmail.com">stmaryscathedralfinance@gmail.com</a>		<b>2ND COLLECTION</b> There will be a second Collection for the Scottish Catholic Education Service next weekend (9 <sup>th</sup> /10 <sup>th</sup> February).  <b>FIRST SATURDAY ADORATION AT THE CATHEDRAL</b> After Vigil Mass on Saturday 2nd February until Sunday 8am Mass. First hour led with praise and worship		
<b>FLOWERS</b> If you are interested in helping with decorating the church with flower, kindly contact Yi-pei on <a href="mailto:yipeichou@hotmail.com">yipeichou@hotmail.com</a> or 07455 479479		<b>SENIORS CLUB</b> Prize Bingo on Wednesday 6th February at 2pm. All are welcome.		
<b>KEEP MOVING IN 2019 Wednesdays, Main Hall 10-11am.</b> The exercises help to improve your balance and muscle control and will certainly make you feel good! The class is fun and friendly. We finish with a hot drink and biscuits!		<b>HEALING SERVICE IN THE CATHEDRAL</b> Thursday 14th February after the evening Mass. Prayer and Praise. All welcome.		

### Cathedral



**ALPHA IS COMING TO TOWN**  
Join us in 2019 #TryAlpha  
Alpha @ the Cathedral  
Sunday evenings at 7.30pm in the Main Hall  
For more info, contact [alpha@cathedral-abdn.org](mailto:alpha@cathedral-abdn.org)

Volunteers needed for set up, clean up, and in the kitchen during the Alpha Course. Contact [alpha@cathedral-abdn.org](mailto:alpha@cathedral-abdn.org)

### CHILDREN’S CHOIR

Rehearsals are held in the Lower Hall, 6.00pm to 8.00pm each Thursday during school term time.  
Contact: email: [johnhorton@rcda.scot](mailto:johnhorton@rcda.scot)  
Tel: 01224 939127



### CATHEDRAL CHOIR

The cathedral choir is now looking ahead to the Lent/Easter season and preparing a new programme of music. If you enjoy singing and would like to use your talent to serve the Lord do consider joining us. Rehearsals are on Thursdays at 7pm in the clergy house, and in the upper hall before the 11 15 Sunday Mass. If you are interested, speak to a member of the choir or email: [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)



### SEEKING ADORERS FOR WEEKLY HOLY HOURS

Please consider one of the following Holy Hours to come spend with Jesus in the Most Holy Eucharist. You will find great peace and a set time in the week where you can have that one on one time with the Lord.  
Tuesdays: 8am, 9am, 10am, and 2pm, 11pm  
Wednesdays: 8am, 10am, 11pm  
Thursdays: 2pm, 4pm  
Fridays: 8am  
Saturdays: 12noon  
Contact: [adoration@cathedral-abdn.org](mailto:adoration@cathedral-abdn.org)  
Online Bookings: [stmarysadoration.youcanbook.me](http://stmarysadoration.youcanbook.me)



### Deanery & Diocese

**NEW FERTILITY CARE SCOTLAND CLINIC**  
We are opening a new clinic in the Diocesan offices, Paisley on Monday evenings from 7 – 9pm. The first clinic will be on Monday 11<sup>th</sup> February and will run every alternate Monday thereafter. We run clinics in Edinburgh, Hamilton, Aberdeen and Paisley.

At Fertility Care Scotland, we teach The Billings Ovulation Method of Natural Fertility Regulation, which helps couples achieve or postpone pregnancy in a natural way. We can help couples optimize their chances of conceiving.

Our service is free and confidential, and no appointment is necessary. We invite you to come and visit us at one of our clinics.

Phone: 0141 221 0858  
E-Mail: [info@fertilitycare.org.uk](mailto:info@fertilitycare.org.uk)

### JUBILARIANS’ MASS

A special Mass has been organised at St. Mary’s Cathedral – Monday 11 March at 12 noon to celebrate the anniversaries of ordination of three members of our presbyterate, and one deacon: Bishop Emeritus Peter Moran – 60 years  
Canon Peter Barry – 50 years  
Fr. Derick McCulloch – 25 years  
Deacon John Woodside – 25years  
This adds up to 160 years of service!

### OUTREACH CONSULAR MISSION OF PHILIPPINE EMBASSY LONDON IN ABERDEEN

Consular Services (passport renewal, dual citizenship, visa, registration of birth, marriage or death, legal services etc) can be processed in Aberdeen by Philippine Embassy London staff on 23 March 2019, Saturday from 9:30am-5:00pm in The Credo Centre, 14-20 John Street, Aberdeen AB25 1BT. Visit the Philippine Embassy London website for documentary requirements. Local organisers: Roda 07891439472 or Bong 07917097169

### ABERDEEN DIOCESAN PILGRIMAGE 2019

Pilgrimage led by Bishop Hugh Gilbert O.S.B. to Padua & Ravenna 12 – 17 July, 2019, flying from Aberdeen. 2 nights in Ravenna & 3 nights in Padua—half board accommodation. 4-star Grand Hotel Mattei, Ravenna; 3-star Hotel Casa del Pellegrino, Padua. Approximately £950 pp dependent on flights & numbers. Single supplement (5 only in each place) £120. To reserve, contact the Diocesan office in the first instance 01224 319154 or [joyce@rcd-abdn.org](mailto:joyce@rcd-abdn.org)

### PROPERTIES FOR RENT

The Parish of Upper Deeside (Aboyne, Ballater and Braemar) has two of their residential properties available for long term rent. The first is a 2-bedroom flat in Ballater (rent £400 pcm) and the second is a 3-bedroom house in Aboyne (rent £650 pcm). Both are unfurnished. For details call Claudia Leith on 07790881427 or 013398 86153 for Aboyne and Peter Gordon on 013397 55202 or 013397 55470 for Ballater.

### ABERDEEN DIOCESAN CHOIR

Aberdeen Diocesan Choir Rehearsal Upper Hall 7.30—9.00pm, contact: Paula Silvester: [enquiriesADC@hotmail.com](mailto:enquiriesADC@hotmail.com)

Weekly Calendar	
<b>M o n</b>	<b>Baby &amp; Toddler Group</b> For parents with young children. All ages welcome. Main Hall from 13.00-15.00pm Contact: Yi-pei Chou 0745 5479 479  <b>Gospel Choir</b> Lower Hall at 7pm Contact: <a href="mailto:music@cathedral-abdn.org">music@cathedral-abdn.org</a>  <b>Credo Community Meeting</b> Polish charismatic prayer group. Main Hall at 7.30pm . Contact: Damian Gloc 07939418178
<b>T u e</b>	<b>Magnificat Prayer Group</b> 7.30pm in the Lower Hall after Mass. Contact: Stella Maria Onuoha 0744 9951 415 <a href="mailto:nnesin@yahoo.com">nnesin@yahoo.com</a>  <b>St. Vincent de Paul</b> Feeding the homeless Contact: Evelyn Murray
<b>W e d</b>	<b>Light Exercise Class for all</b> Main Hall at 10:00am  <b>Seniors Club</b> Speakers, fun & fellowship Main Hall at 2.00 pm every 2 weeks Contact: Jean 01569 765 799  <b>Healing of Memories</b> Prayer for the healing of painful memories of the past to bring peace to the present. Contact Deacon: <a href="mailto:tony.schmitz@gmail.com">tony.schmitz@gmail.com</a>  <b>Legion of Mary</b> Lower Hall from 6pm to 7.30pm Contact: Nogie Osula <a href="mailto:nogisula@yahoo.com">nogisula@yahoo.com</a>  <b>African Choir</b> For Africans and anyone else. Upper Hall from 6.00- 8.00pm Contact: Patricia Malikebu 07891 714 549
<b>T h u</b>	<b>Cenacolo Prayer Group</b> Exposition & Rosary praying for healing of those with addictions Church after Mass Contact: Liam Sharkey 07774 931 996, <a href="mailto:liamsharkey@ymail.com">liamsharkey@ymail.com</a>  <b>Band Practice</b> Contemporary music for Sunday 6pm Mass Upper Hall after Mass Contact: <a href="mailto:john.costaschuk@gmail.com">john.costaschuk@gmail.com</a>  <b>Cathedral Choir Rehearsal</b> Clergy House at 7.00pm Contact Shelagh Noden <a href="mailto:music@cathedral-abdn.org">music@cathedral-abdn.org</a>
<b>F r i</b>	<b>Altar Servers’ Practice</b> Church from 6.00 to 7.00pm Contact: Simon <a href="mailto:begbie_no1@hotmail.com">begbie_no1@hotmail.com</a>  <b>Youth Groups</b> Edge (P7-S2) & Lifeteen (S3-S6) Hall 7.00pm to 9.00pm Contact: St. Andrew’s Community
<b>S a t</b>	<b>Voluntary Church Cleaning</b> Church after morning rosary.  <b>K4J</b> (Kids for Jesus) For kids aged 4 to 10 years old. Lower Hall from 12.30pm to 2.00pm Please contact Holy Family Sisters of the Needy
<b>S u n</b>	<b>African Choir</b> (As above) Upper Hall from 6.00 - 8.00pm  <b>Choir Rehearsal</b> Leading the music for 11:15 Sunday Mass Upper Hall 10.00am